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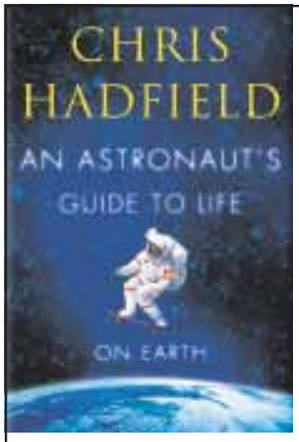

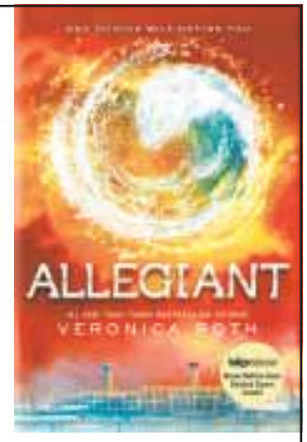

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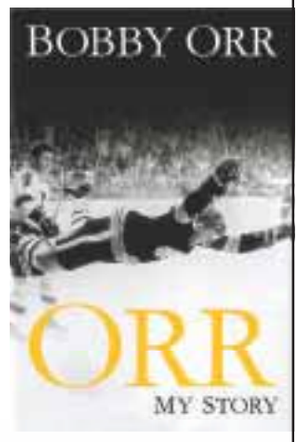

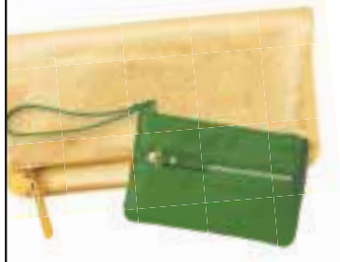

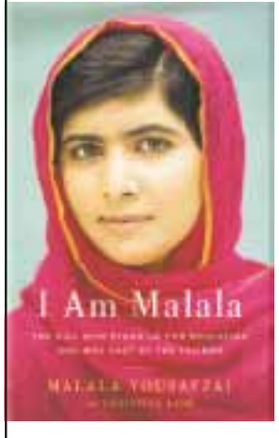

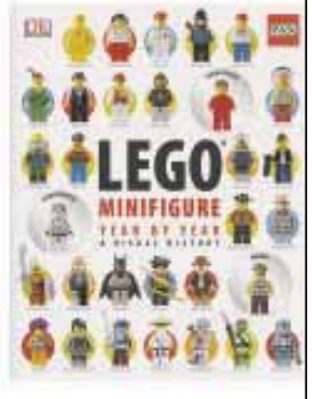

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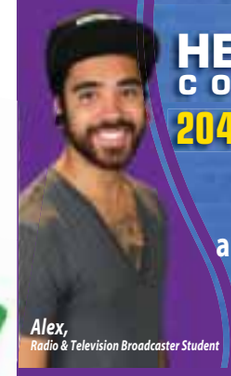

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Downtown Winnipeg BIZ executive director Stefano Grande said little about the improvement zone's plan to open a Manitoba Walk of Fame in Winnipeg next year following the BIZ's annual general meeting Wednesday. SHANE GIBSON/METRO

Manitoba stars getting set to walk the Walk

But nobody is talking the talk. Downtown Winnipeg BIZ so far mum on the wheres, whens and whos of the Manitoba Walk of Fame

SHANE GIBSON
shane.gibson@metronews.ca

Downtown Winnipeg BIZ wants to give the province's stars a place to shine on the streets of downtown Winnipeg.

The improvement zone's 2014 budget, passed Wednesday, includes $185,500 to build "a permanent place of tribute and recognition for Manitoba achievement."

But where exactly the Manitoba Walk of Fame will be, when exactly it will open and who will be honoured are details BIZ executive director Stefano Grande is keeping close to his chest.

"There's an incredible amount of people that have contributed to music, to art and to culture in our city, and we are remiss that there's nothing really to celebrate it in a very public way," he said. "Toronto has their Walk of Fame and Hollywood has their Hollywood Stars … it's time we celebrate too."

Grande did say the Walk of Fame will open somewhere in the SHED next year, and would honour Manitoban artists, musicians, athletes and extraordinary citizens.

More information is expected to be released as Winnipeg hosts the Juno Awards next March.

BIZ budget gets a boost

The Downtown Winnipeg BIZ 2014 budget will see spending boosted by just over 10 per cent, increasing from just over $3.25 million in 2013 to a little more than $3.67 million next year.

- "The majority of that is sponsorship dollars, as a result primarily of the events that we're putting on," explained BIZ executive director Stefano Grande, noting the money will be used in part to create new events modelled after the success of initiatives like ManyFest. "We want to focus on creating three new events potentially in the winter."

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Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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Joy to the world, the Cheer Board's come

Christmas Cheer Board executive director Kai Madsen
COURTESY CHRISD.CA

The Christmas Cheer Board is up and running again and the need is as great as ever.

"We're actually behind where we were last year at this time," Cheer Board executive director Kai Madsen told Metro after Tuesday's official launch. "We're a little nervous, so we're emphasizing to the public that we need to have donations, and we need them before Christmas."

Located at 550-1395 Ellice Ave., with the entrance at 550 Milt Stegall Dr., new toys and monetary donations can be dropped off during business hours during the week. Starting in December, they will also be open on weekends.

The Cheer Board will buy 60 per cent of the toys and food given away in 19,000 hampers this year, and Madsen estimates about $850,000 is required to make that happen.

"So we're looking for food, toys and cash," he said. "The cash can be donated at any TD or CIBC location … or of course you can also bring it into the warehouse on Ellice."

Food donations can be dropped off at any Safeway location throughout Winnipeg, and prepackaged $5 and $10 bags loaded with needed items are available in-store.

For more information, go online and visit christmascheerboard.ca.

METRO

Shindico received commission on Canada Post building: City CFO

'Expertise.' Mayor Sam Katz said company did all of the due diligence

Mayor Sam Katz's cabinet unanimously approved a request for more money to cover the cost overruns of the Winnipeg police headquarters on Wednesday, as more information on the project came out, including a commission for real estate company Shindico.

Mike Ruta, the city's chief financial officer, told members of the executive policy committee that Shindico was paid a 2.75 per cent commission, tallying $804,000, on the purchase of the Canada Post building, which is being retrofitted as the new police headquarters.

Katz said a brokerage firm was used — in this case Shindico — because the city did not have the "expertise" to deal with these types of real estate transactions.

He added that Shindico did negotiate the price tag for the building down to $29.25 million from $30 million.

"The due diligence, they did all of that. They also organized all of the professionals, the engineers, the architects, etc., to do all of the work that had to be done," said Katz following the meeting, adding that Canada Post used a brokerage firm as well.

The request for another $17.2 million for the project — which had a guaranteed maximum price (GMP) of $193.5 million, putting the price tag at $210 million — first came before the downtown development committee meeting last Friday. They chose to move it forward without recommendations.

Katz said value for money is the key, referring to a city report that pegs the price-per-square-foot on the new police headquarters at $293, compared to $479 for the newly opened West District station and $379 for East District.

BERNICE PONTANILLA/METRO

Committee meeting

Other noteworthy EPC tidbits:

- **Information consternation:** A motion by Coun. Paula Havixbeck to make public the dates and minutes of the meetings of the police headquarter's project steering committee was received as information by EPC, which means no action on it will be taken.
- Havixbeck had argued the information was necessary because city staff were refusing to answer questions she and other councillors had.
- **Grey Cup bid:** EPC approved shelling out $1 million should Winnipeg land the Grey Cup in 2015 or 2016. The $1 million includes a $680,000 hosting grant and $320,000 of in-kind city services.
- Mayor Sam Katz said the city and province have provided grants towards hosting the cup in the past.

Mayor Sam Katz listens as city CFO Mike Ruta provides information on the Winnipeg police headquarters during Wednesday's EPC meeting.
BERNICE PONTANILLA/METRO

Justin Collicutt, on the milk-crate "soapbox," right, says children who used to go to Sherbrook Pool for free swimming lessons have been turned away from another facility due to a lack of space. BERNICE PONTANILLA/METRO

Group urges Sherbrook Pool funding in 2014

City hall. Protest held in support of reopening shuttered facility

On the eve of the one-year anniversary of the closure of Sherbrook Pool, a group of students and supporters held a noon-hour rally on Wednesday calling on the city to repair and reopen the inner-city pool.

Rally organizer Justin Collicutt said the community's need for the facility has only grown in the year since it was closed after an inspection revealed structural problems.

"Right now a lot of people don't have swimming lessons," said Collicutt, adding that for many families the free lessons provided at Sherbrook were a boon.

"Kids are being turned away from Cindy Klassen (Recreation Complex), that's the only one I know for sure. Within the community, kids are kind of stuck because it's a lot of low-income parents or newcomer kids to Winnipeg, so it was very important to them."

Collicutt said two paddle pools were brought to city hall to symbolize the empty Sherbrook Pool. A plastic milk crate acted as the "soapbox" for people to express themselves, which many of those who attended the snowy rally did.

A city report in June stated that $6.3 million is the "capital cost to reopen and maintain" the pool — $2.8 million to reopen it and $3.5 million to maintain it over the next 20 years.

Marianne Cerilli, president of the Friends of Sherbrook Pool, urged citizens to contact their councillors and lobby them to include the repairs and reopening of the pool in the 2014 budget.

BERNICE PONTANILLA/METRO

By the numbers

40%

The percentage of members the Sherbrook Sharks Swim Club has lost this past year, said Marianne Cerilli, president of the Friends of Sherbrook Pool.

Another restaurateur claims discrimination

For the second time in several months, a restaurant owner in the small Manitoba community of Morris says she is being driven out of town by discrimination.

Thea Morris, the Jamaican-born owner of Thea's Diner, said Wednesday she has received an email referencing the Ku Klux Klan and has been told by one of her customers that people are avoiding her business because she is black.

And since the KKK email, some customers have been behaving strangely, she said. People who appear to be in their 50s and very well-dressed come into the restaurant, in groups of two or three, and quickly leave.

"They'll come in and sit down and order their beverage to start, and by the time you'd take the beverage to them, they would get up and walk out.

"It has come across as intimidating."

Morris said a customer told her "the reason people were not coming into my restaurant was because of my colour."

Thea Morris says she is closing up shop after dealing with discrimination at her restaurant in Morris. FACEBOOK

Morris opened her diner in June in the same spot that used to house Pots N Hands, which was run by a gay couple.

Pots N Hands owner Dave Claringbould and his partner closed down in April. He said they were subjected to homophobic slurs.

Suspicious incidents

- Someone left a dead hawk on the windshield of a worker's car.
- When Morris placed an online ad for restaurant staff, she received a reply from someone who claimed to be linked to the Ku Klux Klan and who asked whether Morris residents were "still chasing colours" out of town.
- Occasionally, customers would defecate in the men's urinal or on the floor of the washroom.

Morris Mayor Gavin Van Der Linde said the town is taking the matter seriously and has passed along some of the concerns to the RCMP.

Morris has given notice to her landlord that she plans to leave by the end of December.

THE CANADIAN PRESS

Nude photos

Lori Douglas case hits Federal Court

Lawyers argued Wednesday over whether the Federal Court has the authority to review a panel looking into the case of a Manitoba judge whose nude photos ended up on the Internet.

Manitoba Queen's Bench Justice Lori Douglas's lawyers have sought a judicial review, alleging a panel investigating her is biased.

Last week, the entire committee of the Canadian Judicial Council looking at the Douglas case resigned, saying that was the only way to move ahead what is one of the longest-running inquiries in council history.

The committee has been examining Douglas over a 2010 complaint that she sexually harassed a man named Alex Chapman.

Chapman alleged that Douglas's husband showed him sexually explicit photos of the judge and posted those pictures on a website.

Chapman also alleged that the judge's husband, Winnipeg lawyer Jack King, tried to get him to have sex with Douglas.

King was Chapman's divorce lawyer at the time.

Chapman complained to King's law firm and King tried to settle the matter by paying Chapman $25,000 to return all the photos and to not talk about it.

The judicial council inquiry was supposed to look at whether Douglas failed to disclose the matter when she was appointed a judge in 2005 and if the photos should disqualify her from sitting on the bench.

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Giant Louis Vuitton suitcase booted out of Red Square

Tourists and visitors pass by a two-storey Louis Vuitton suitcase erected near the Kremlin, right, in Moscow's Red Square, Wednesday. Politicians didn't like it, the public didn't like it, so the gigantic Louis Vuitton suitcase is being given the boot. The GUM department store on Red Square, left, which is responsible for the nine-metres high and 30-metres long construction, promised Wednesday that it would be dismantled. The construction is part of an exhibition called The Soul of Travel, marking Vuitton's 150th anniversary and was to open on Dec. 2. Louis Vuitton said the construction was a copy of a model owned by a Russian noble, Prince Vladimir Orlov. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Berlusconi kicked out of Italian Parliament

Not going quietly. Former premier has relaunched his Forza Italia party and he still commands millions of loyal supporters

The Italian Senate on Wednesday expelled three-time ex-premier Silvio Berlusconi from Parliament over his tax fraud conviction, ending his two-decade legislative run for now, but not his political career.

Berlusconi has warned that the unprecedented move would embarrass Italy internationally, and he maintained his defiance even as the Senate voted, addressing a cheering crowd outside of his Roman palazzo a short walk away.

Even though he won't hold a seat in Parliament for at least six years, the 77-year-old Berlusconi pledged to remain involved in politics and urged his followers not to despair — noting that other political leaders are not lawmakers.

Supporters, including Berlusconi's 28-year-old girlfriend, who had a Forza Italia flag wrapped around her shoulders against the cold, were treated to a video montage of Berlusconi's greatest political hits from a career that began in 1994 when he first came into power with a political party named for a soccer chant Let's Go Italy.

"For us, he will always be there," said Marilda Antonello as she held a banner reading "The law is not equal for everyone. Sick justice."

The Senate vote on whether to remove Berlusconi from the chamber stems from a 2012 law that bans anyone sentenced to more than two years in prison from holding or running for public office for six years. His lawyers claim the law is unconstitutional and have questioned why the rush to expel him while legal challenges are still pending.

Italy's high court on Aug. 1 upheld Berlusconi's tax fraud conviction and four-year prison term. The prison term was reduced automatically to one year under a general amnesty; he will serve his time either under house arrest or through public service.

THE ASSOCIATED PRESS

Bitter words

"We are here on a bitter day, a day of mourning for democracy."
Silvio Berlusconi

Silvio Berlusconi and his girlfriend Francesca Pascale leave after he addressed a rally in Rome, Wednesday. ROBERTO MONALDO, LAPRESSE/THE ASSOCIATED PRESS

Rob Ford. Judge allows release of 'significant' new police drug case data

More information on the "extensive" police investigation into disgraced Toronto Mayor Rob Ford should be released as it is of "very significant public interest," a judge ruled Wednesday.

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The document, containing allegations not proven in court, was filed in the drug case of Ford's friend Alexander Lisi, though it mostly focuses on the mayor. The actual release is on hold until Dec. 6. THE CANADIAN PRESS

Quoted

"The actions of the mayor are a matter of very significant public interest and concern."
Justice Ian Nordheimer

Toronto Mayor Rob Ford has denied consorting with prostitutes and insists he is not an alcoholic or drug addict. CHRIS YOUNG/THE CANADIAN PRESS

Feedback. Sheriff shocked

A U.S. sheriff who has just charged a town mayor with drug offences said Wednesday it's a head-scratcher why crack-smoker Rob Ford is still in office — and out of jail.

Gordon Smith, a sheriff from Bradford County in Florida, said he's watched the Ford scandal unfold with amazement. "He's so flamboyant, he's out there, he's kind of smearing it in Torontonians' faces"

Smith said he wouldn't put up with illicit drug activity, regardless of who is involved. THE CANADIAN PRESS

'Hillbilly heroin' gets green light in Canada

Banned in U.S. Ottawa officials approve generic painkiller oxycodone despite warnings from experts south of the border

Oxycodone is often referred to as "hillbilly heroin." The U.S. warns about its generic use. GRAEME ROY/THE CANADIAN PRESS

Health Canada has approved a generic, addictive form of oxycodone just as U.S. officials urge their Canadian counterparts to ban such formulations of the painkiller — often known as "hillbilly heroin."

The green light to Ranbaxy, India's biggest drug maker, came soon after Gil Kerlikowske, director of the White House Office of Drug Control Policy, reminded Health Minister Rona Ambrose of the dangers posed by the generic forms of the opioid.

The U.S. has banned generic oxycodone because it's too easy for addicts to snort or inject. Only tamper-resistant forms of the drug can be sold stateside.

American officials say the U.S. is dealing with a painkiller abuse epidemic that is killing tens of thousands of people a year.

Ambrose hinted last month she was looking into the issue of tamper-resistance and signalled the government would expand its national anti-drug strategy.

She added the Tories are also attempting to tighten licensing rules that would help prevent the trafficking of addictive prescription drugs.

Health Canada defended itself, saying it "rigorously" assesses every drug's safety and efficacy.

"These decisions are made by experts in the department based on science; the minister is not consulted on day-to-day drug approvals," said spokesperson Leslie Meerburg. THE CANADIAN PRESS

Fast facts

What you need to know about oxycodone.

- **What is it?** A powerful narcotic used to treat moderate to severe short-term or long-term pain, as well as to treat terminally-ill patients.
- **What does it do?** It produces an opiate-like effect similar to morphine and can lead to abuse.
- **Brand names?** OxyContin, Percocet, Endocet, Oxycocet, Percodan, Endodan, Oxycodan, Supeudol, OxylR, OxyNEO.
- **How is it abused?** Generic forms of the drug can be chewed or crushed and then inhaled or injected. The oxycodone is then absorbed rapidly and produces a heroin-like euphoria.

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CAN-132042_1311_WINMET

People stand in front of a metal structure that buckled on part of the Itaquerao Stadium in Sao Paulo, Brazil. Part of the stadium that will host the 2014 World Cup opener collapsed on Wednesday, causing significant damage and killing two workers, authorities said. NELSON ANTOINE/THE ASSOCIATED PRESS

Deadly collapse at World Cup opening venue

Brazil. The Sao Paulo stadium, which cost nearly $360 million, is expected to seat nearly 70,000 for the opener

Part of the stadium that will host the 2014 World Cup opener collapsed Wednesday, killing two workers and aggravating already urgent concerns Brazil won't be ready for soccer's signature tournament.

Brazil has been plagued by a series of setbacks including cost overruns, stadium delays, accidents, labour strife and massive street protests in the run-up to the June tournament, once envisioned as a coming-out party for South America's largest nation, which is also scheduled to host the Olympics in 2016.

Wednesday's accident at Sao Paulo's Itaquerao Stadium occurred when a construction crane crashed into a 500-ton metal structure that in turn cut through the outer walls of the venue. Already, public prosecutors and a workers union in Sao Paulo were demanding an investigation into conditions at the venue.

Ricardo Trade, CEO of the local World Cup organizing committee, said authorities would determine if there is a need to suspend construction.

"There are seven months till the World Cup, not 10 days, so I don't believe this is going to cause delays. But there is absolutely no guarantee on this," Trade said in a telephone interview.

The accident could lead to recriminations between local organizers and world soccer's organization FIFA, which has set a December deadline for all 12 World Cup stadiums to be ready. The tournament begins June 12.

"I don't want to know about FIFA right now; we are worried about the families of the victims," said Andres Sanchez, former president of the Sao Paulo soccer club Corinthians, which is building the stadium. The club said workers will not return before a three-day mourning period.

One of the workers, 42-year-old Fabio Luis Pereira, was inside a truck that was hit by the metal structure. The other, 44-year-old Ronaldo Oliveira dos Santos, was resting in an area which was supposed to be off-limits. THE ASSOCIATED PRESS

Russian TV show a gay-bashing ploy

Anyone who switched on Russian TV recently might have been forgiven for thinking the Kremlin was relaxing its hard line on gays: Images of rainbow flags and a happy same-sex couple looking adoringly at their child flashed across the screen.

But the show, with its horror film music and juddering camera work, was another swipe at the gay community — not a gust of tolerance. The force behind it is one of Russia's top propagandists, whose programs have helped to bring criminal charges against others on President Vladimir Putin's unofficial black list.

The primetime broadcast on state television points to the double-game the Kremlin is playing on gay rights.

To the West, Russia has sought to extend reassurances as it prepares to host the Winter Olympics that a law passed this summer banning homosexual "propaganda" does not discriminate against gays. To its domestic audience, the government has ramped up the anti-gay rhetoric, unifying its fraying electoral base with a popular refrain of traditional values.

The TV show by Arkady Mamontov — who made his name by taking a hatchet to punk rock group Pussy Riot and other opposition activists — is the latest example of Russia's unwillingness to back down from its legislative crackdown on gays. Champions of the law melted away when Western outrage reached a peak over the summer — but they are now back in force on national airwaves.

Mamontov told a live studio audience that the scenes he filmed should be a warning "that we have to save the family, traditions, traditional love, or otherwise we'll be hit by something bigger than the Chelyabinsk meteorite" that fell on Russia in February.

Lesbian, gay, bisexual and transgender activists filmed for the show were carefully edited to make them seem alternately corrupt, subversive, demonic or laughably inept. One shot created an awkward juxtaposition of a gay activist with a poster of Che Guevara, a none-too-subtle attempt to portray the activist as a trouble-maker.

Mamontov uses their stories to drive home a sinister message: Gay organizations, funded almost exclusively by money from abroad, are Trojan horses that will give the West control over Russia from within.

THE ASSOCIATED PRESS

Leaked document

NSA spied on radicals' online porn habits

The Huffington Post cited a secret National Security Agency document that allegedly reveals the U.S. agency spied on the online sexual activity of Islamist radicals in order to find ways to discredit them. The website said the document, leaked by ex-NSA contractor Edward Snowden, shows the organization tracked six unnamed "radicalizers" and their visits to pornographic websites. THE ASSOCIATED PRESS

Northern Ohio

People flee homes over chemical leak

A city official says authorities have contained a spill at a northern Ohio rail yard where potentially flammable liquid (used to make plastic and rubber products) leaked from a railcar, prompting the evacuation of hundreds of nearby homes. Local responders and cleanup workers from transportation company CSX Corp. were at the scene Wednesday in Willard.

THE ASSOCIATED PRESS

Racers rally for women drivers in Saudi Arabia

Former Finnish rally driver Ari Vatanen, left, and Tunisian rally driver Hend Chaouch, second right in red, pose as they take part in a protest against Saudi Arabia's ban on women driving, Wednesday, in Paris. Though no specific Saudi law bans women from driving, women are not issued licences, and rely mostly on drivers or male relatives to move around. CHRISTOPHE ENA/THE ASSOCIATED PRESS

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POLO PARK

Beijing cracks down on pollution one barbecue grill at a time

China. Country's concern about particulate pollution from open-air barbecues criticized on social media sites

Beijing is waging a controversial war against air pollution.

Authorities in the capital have destroyed more than 500 open-air barbecues "to cut PM2.5" — the tiny particulate matter in the air that can enter deep into the lungs.

Photos carried by state media showed workers on Tuesday cutting pieces of metal with sparks flying as city wardens looked on.

Citizens online ridiculed the exercise, suggesting authorities should focus on bigger sources of pollution.

Chinese police observe as a worker breaks down confiscated open-air barbecues in Beijing's war to tame PM2.5 pollution. THE ASSOCIATED PRESS

A media officer at Beijing's Xicheng district administration bureau said the hundreds of barbecue grills were confiscated over a three-month campaign and cut up so they couldn't be used again. She refused to give her name, as is common with Chinese officials.

Environmental campaigner Ma Jun said residents had complained to environmental agencies about the odour and smoke from open-air barbecues. THE ASSOCIATED PRESS

Environmentalist says ...

Vehicle emissions 'should be priority'

"This action will help local residents, but to deal with the bigger air-quality problem we need to have priorities and I think one of the major priorities should still be the motor-vehicle emissions,'' said environmental campaigner Ma Jun.

He said the focus should be on improving the fuel quality and emissions control of heavy-duty diesel trucks, while involving surrounding regions, not just Beijing. THE ASSOCIATED PRESS

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Tough sentences handed down in Egypt's crackdown

Heavy hand. Situation threatens to fragment a coalition of liberal and secular groups that supported the military

Supporter of ousted president Morsi in the prisoner's dock in Alexandria. THE ASSOCIATED PRESS

Egyptian authorities on Wednesday took a heavy hand against both Islamist and secular opponents, handing down heavy prison sentences to a group of female supporters of the ousted Islamist president — including teenagers as young as 15 — and ordering the detention of two dozen secular activists, all for participating in protests.

The moves mark what critics say is a bolder determination by Egypt's military-backed government to silence dissent, continuing a crackdown on Islamists since the military's ouster of President Mohammed Morsi, while suppressing secular activists who supported his removal but also accuse the new leadership of restoring a system as autocratic as Morsi's toppled predecessor, Hosni Mubarak.

Images from the courtroom in the Mediterranean city of Alexandria showed 21 young female defendants in white head scarves and white prison uniforms, handcuffed. Among them were seven teenagers aged 15 and 16, who were sentenced to prison terms until they turn 18. The rest — age 18 to 22 — were sentenced to 11 years in prison. A day earlier saw the beating and dragging of secular activists. THE ASSOCIATED PRESS

Volcanic alert heightened

A worker who is covered with volcanic ash from an eruption of Mount Sinabung takes a break at a coffee plantation in Guru Kinayan, North Sumatra, Indonesia. Sinabung's alert status was raised to the highest level on Sunday after eruptions. BINSAR BAKKARA/THE ASSOCIATED PRESS

Pakistan

Americans criticized over drone deaths

A Pakistani political party launched an attack on the CIA drone program on Wednesday, turning up the heat on an issue that the government in Islamabad has tried to manage without sparking a crisis with the U.S.

The party revealed what it said was the name of the CIA's top spy in the country and called for him to be tried for murder.

American missile attacks targeting Islamic militants in Pakistan's northwest have long been a source of tension.

Friction has increased recently with two especially contentious strikes: one killed the Pakistani Taliban's leader as the government prepared to invite him to hold peace talks, and another outside the tribal region. But the U.S. has shown no willingness to abandon the program. THE ASSOCIATED PRESS

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Hold tight: Zip line over vultures, alligators and crocodiles, oh my!

Take a ride on the wild side. One of Florida's oldest tourist attractions brings in adrenaline junkies with obstacle course

I was slowly crossing a swinging log bridge when I paused, sensing the alligator 12 feet below was staring at me.

The water around the 8-foot gator's enormous body began rippling rapidly. A second later, Big Al let out a deep bellow, as if to say, "If you fall, you're my lunch."

I was grateful to be strapped in a harness.

The bridge was part of a 49-station obstacle course that includes 10 zip lines at the St. Augustine Alligator Farm. It takes visitors over crocodiles, lemurs, giant tortoises, vultures and, of course, lots of alligators.

"It's just a totally different perspective. You can go to any zoo in the world and look at them through the glass, but you can't go anywhere and look at them over the top of the enclosures like you can here," said Scott Brown, who designed and now manages the Crocodile Crossing at the zoo.

The alligator farm is fascinating enough on foot. At 120 years old, it's among Florida's oldest tourist attractions.

THE ASSOCIATED PRESS

Quoted

"The most amazing, awesome thing I've done ever."

Ava Martin, 53, who lives just north of St. Augustine. She and her 21-year-old son Corey were taking the course for the second time.

Ava Martin zip lining over an alligator lagoon at the St. Augustine Alligator Farm. BRENDAN FARRINGTON/THE ASSOCIATED PRESS

Highlights

The longest zip-line on the course is 300 feet, or the length of a football field. There are some very fast lines, requiring some quick breaking. There's also the occasional palm frond that harmlessly whacks your butt.

- "You'll see things that the public doesn't get to see," said Brown. "Whether it's other animal enclosures, animals getting moved, animals getting a vet visit, maybe getting blood drawn. And it's always exciting for the public to see a large alligator or even a small alligator getting caught, getting taped up and getting moved. You're always going to see something that nobody else is looking at."

Phew! Shelve that Sriracha hoarding plan ... for now

A judge has ordered a plant that produces Sriracha chili sauce to stop emitting annoying odours.

Huy Fong Foods has said there is no reason to close the plant in Irwindale, Calif., now because harvest season and the subsequent grinding of red-hot jalapeno peppers — the key ingredient of the sauce — have passed.

The injunction may not have an immediate impact on the company's production or hot sauce supply as it continues its year-round mixing and bottling.

THE ASSOCIATED PRESS

Don't sweat it: There's no Sriracha shortage, yet. THE ASSOCIATED PRESS FILE

Some no so hot on smell

"Why are people complaining about the chili smell?"

Randall Acosta, 45, who lives in an apartment complex across the street from the factory, said the scent can be strong sometimes but it makes him hungry.

Market Minute

DOLLAR 94.38¢ (-0.59¢)

TSX 13,362.06 (+12.29)

OIL $92.30 US (-$1.38)

GOLD $1,237.80 US (-$3.60)

Natural gas: $3.91 US (+3¢)
Dow Jones: 16,072.33 (+24.53)

Focus on commerce

Pushing 'economic diplomacy' top priority for Canada

The Harper government says it wants Canadian diplomats in foreign countries to re-channel their energies and resources into advancing the country's commercial interests.

THE CANADIAN PRESS

Home mortgages

Consider phasing out CMHC insurance: IMF

Ottawa should consider phasing out insuring home mortgage through Canada Mortgage and Housing Corp., the International Monetary Fund said Wednesday.

THE CANADIAN PRESS

Random biz fact of the day

16%

There has been a 16 per cent growth in part-time positions, year over year.

WORKOPOLIS

Failures at launch. Xbox One, PS4 glitches test gamers' console devotion

Move over, zombies. Step aside, terrorists. Aliens, out of the way. There are a few new foes affecting gamers that are proving to be far more destructive than any on-screen villain.

With nicknames like "the blue light of death" and "the disc drive of doom," they're the game-ending glitches causing headaches for a few gamers who got the next-generation Xbox One and PlayStation 4 consoles at launch.

Microsoft Corp. said Monday it's replacing the Xbox One units of users who have reported systems that won't read discs, an issue dubbed "the disc drive of doom."

Sony Corp. announced after the debut of the PS4 earlier this month that it was replacing the units for users whose new consoles malfunctioned and displayed a pulsating blue light. The problem was given the moniker "the blue light of death."

THE ASSOCIATED PRESS

Gamers are, um, passionate about their consoles. THE ASSOCIATED PRESS

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Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 19

metronews.ca/temp

Kitchen nightmares

There's no pay, but you can have all the abuse you want

Would you do a job where you weren't paid, were endlessly berated, forced to use dangerous equipment and denied proper medical help? Welcome to the life of a kitchen apprentice in the cutthroat culinary scene.

At times, it's like a real-life Kitchen Nightmares episode where even the most seasoned staff are berated to the point of tears.

"It is common for some cooks to be thrown under the bus by others because they don't want to look bad," one Toronto sous-chef explains of his early days in the industry.

IRENE KUAN/METRO

Seasonal work

Santa: The ultimate temp

Seasonal work as Santa pays up to $100 an hour, according to a PayScale survey. But all that non-stop cheeriness can take a toll. One Santa told the New York Post he wasn't able to leave his chair to go to the bathroom and got hit in the head with a frying pan by a scared child.

VAWN HIMMELSBACH/FOR METRO

Temp Hits an All-Time Low

Do you have a special place you go to when you're at an all-time low? Some people have a place, me I just drive and drive, past the strip malls, past the light industrial zones and past the fallow fields. After watching Kyle enter the refinery I began thinking of the world and how it's changed, even in my short life. Countries like Greece that used to be normal countries, now gutted of their middle class and overnight turned into something new and nameless, a land with no economy but with pretty good coffee and smoking hot Wi-Fi. I got to thinking of bubbles—how all we do these days is lurch from bubble to bubble. Are we in a new bubble? Is the bubble about to burst? I'm afraid of bubbles and I'm sick of bubbles—and yet I'm addicted to bubbles. Go figure.

I drove past the under-construction subdivisions that died in 2008, their 2x4s turned the grey colour of moths. I wondered if we're addicted to the idea that society without a middle class isn't really society. I wondered if maybe back in the days of Detroit, jumbo refrigerators and the Beatles we tricked ourselves into thinking that the middle class equals the future—and without a middle class we can't see pictures in our heads of what tomorrow might be. I find it strange how politicians repeat the words 'middle class' over and over and over again, as if doing so will allow us to pretend it still exists, that it's not evaporating daily like a puddle on a road.

Night came and I was anywhere and nowhere when my phone buzzed—it was Mr. Xu—he was back in town! And he had his big surprise all ready for me at his short-term corporate lodging suite. I couldn't remember the last time I was ever happier to get a text.

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Ah, hello capitalist lapdog. You be ready for grand surprise?"

"Shut up! I can't believe you're back!" I gave him a smooch and said, "Okay, dial me in. I am ready for your big surprise, buster."

"Apologize in advance if not good enough."

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Show me your surprise!"

"Very well."

A dropcloth concealed what was supposed to be the main living area. Mr. Xu pulled it back and I bathed in the majesty of what I saw.

He said, "Pretty kickass sexy, don't you think?"

I sucked in some breath and said, "Mr. Xu, you have truly amazed me."

Before me, in beautiful rows and shelves, lay over a thousand unique pairs of sneakers that would crash eBay in a flash if they all went up for sale at once.

TO BE CONTINUED...

Random fact of the day

- DiedInHouse.com supposedly scours millions of records to find out whether someone has died at a specific address. Real Estate agents hate it because a 'stigmatized property' can lose 10 to 15 per cent of its value.

SOURCE: OMG-FACTS.COM

Random biz fact of the day

21%

That's a lot of people lying: 21 per cent of resumés state fraudulent degrees

SOURCE: NEXCAREER

The clock is ticking

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still four days to catch up at temp.metronews.ca — before it is gone forever.

METRO

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TIPS ON (COUGH) HACKING A COLD

HE SAYS

John Mazerolle
metronews.ca

Don't you hate when co-workers get over-detailed when describing their colds?

For instance, I've got a cold that started with a throat so sore that ice cream went down like broken glass and broken glass went down like jagged steel. Then it morphed into a sinus headache that I'm sure — any scientist reading can back me up — involved a small, angry man inside my head moshing to Shipping Up to Boston. And now it's the sneezy stage where I'm moulding a mound of used tissues into the mountain from Close Encounters of the Third Kind in the hopes that aliens will take me to a planet where the common cold has been defeated.

Who needs to hear that level of detail? Nobody.

Fortunately, my co-workers haven't had to worry about it because I've been on my couch for two days wishing I had a girlfriend who would come coddle me and/or kill me with an axe.

I've stayed home because I'm not one of those office heroes who somehow believes they contribute while laying comatose at their keyboard, occasionally blowing their nose with the mouse pad. I figure my one-day absence has less impact than a particularly diverting Google doodle spreading throughout the newsroom.

During my down time, I've been reading how to avoid office colds. So in the fine tradition of has-been goaltenders telling current NHLers what they're doing wrong, or failed politicians explaining how to get elected, here are my tips on avoiding office illness:

Quitting Colds, Turkey: A Guide to Office Health

- Hand sanitizer is a misnomer, and can be used all over your body. Stepping under the wall dispenser and acting out a Miley Cyrus video until you're saturated head to toe will keep you disinfected AND keep your co-workers at a good distance for the rest of the day. Win-win.
- Licking your workspace clean hurts as much as it helps.
- Remember that Vitamin C only works in conjunction with magnetic bracelets, garlic, echinacea and, sure, why not, Reiki.
- Though many people use sanitizing sprays, remember nothing gets your keyboard clean like dropping it into a bucket of water.
- Keep your hands clenched as fists so that every time you touch your face you punch yourself.
- A large hamster ball is probably not a practical way to cordon yourself off from co-workers, but it would be awesome.
- Remember that in the bathroom, a 15-second, hot-water scrub is absolutely necessary when somebody is watching. If you think you're alone, waving your hands under lukewarm water for a second is fine. If the only other person is in a stall, just running the water is often enough to complete the illusion.
- Cough in the face of people who are already sick, because what's the harm?

And those are my tips. I hope you found them helpful, particularly my co-workers, because I'm coming in today. Sorry. On the upside, you're not going to hear any details about my cold. Cough, cough, ahem.

ZOOM

Here, let me give you an arm with that

COURTESY DYSON

Man and machine get a little cosier

Think super-human strength is reserved for the big screen?

A team of engineers are encouraging you to think again after they developed the Titan Arm — a battery-powered robotic arm that gives users an extra 40 pounds in strength, and functions to rehabilitate those with back injuries by helping them to rebuild muscle and motor control. **METRO**

Dyson award winner

- The arm recently won the 2013 James Dyson Award, beating out 650 other projects from around the world.
- The team wins $45,000 to help commercialize their idea, with an additional $15,000 going to their school.
- jamesdysonaward.org

Inexpensive design

"Titan Arm is obviously an ingenious design, but the team's use of modern, rapid — and relatively inexpensive — manufacturing techniques makes the project even more compelling."

James Dyson said of the $2,000 prototype, which is significantly less than similar exoskeletons that run $100,000.

Tech advances make life easier

A team of four University of Pennsylvania mechanical engineering students spent eight months creating it.

The arm's shoulder is made of three joints that mimic the rotation of a human elbow, allowing for free range of use.

Plus it contains sensors that track motion and relay data to doctors for remote prognosis. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Wi-Fi popping up everywhere from underground subways to in-flight planes, there's more reason to put your apps to work. Once the domain of cash-strapped students, texting over Wi-Fi's been gaining popular ground (cause who doesn't like saving money on their phone bills?). Before your next flight or trip underground, give these a try.

CONTRIBUTED

WhatsApp:
Works on Apple or Android phones, WhatsApp is among the most popular and lets you send texts (including pictures) to your other 'whatsApp friends.' Only downside is, you have to convince all your pals to get the app, too.

Viber:
Similar to WhatsApp, but lets you send audio, video and even make VoIP calls, too. Perfect for long distance pals.

Zipaclip:
For those who need a little more bandwidth for their texting needs, Zipaclip (as it sounds), lets you zip videos up to five minutes long, so you're no longer restricted to texting 30 second videos. Also, keeps them secure. Just in case.

Twitter

@metropicks asked: @thehappycity book says urban design that fosters social ties makes for a happy city. What makes your city a happy one?

@Canucklehead_ca: An ample supply of beer and .... umm, I .... I'll have to get back to you on this.

@Lowpass: being able to walk everywhere and the restaurants, bars and other venues that come with that.

Follow @metropicks and take part in our daily poll.

Comments

RE: When A Stalker Strikes Online, published Nov. 26

I'm appalled the police can't do anything faster or sooner. Can't believe what this poor woman has been through, first with her brother's suicide and now this. It's just awful. This stalker should be prosecuted so they can't follow through with their threats. **KH posted to metronews.ca**

Hiding behind a computer to threaten someone shows you're a real wimp, pretty pathetic and probably a low life. **turtles have a say posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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SCENE 2

Back like he's never been gone

Sophomore solo album. Tragically Hip guitarist returns to music despite suffering sudden hearing loss

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

"I've got a ringing in my ear and a pounding in my brain. I've got a bucket full of fears that I won't be back again."

So sings Paul Langlois on Table's Been Set. The song — from The Tragically Hip guitarist's second solo album Not Guilty — was inspired by his going permanently deaf in his right ear on the morning of Dec. 9, 2011.

"Freak show, didn't know what was going on," says Langlois, who was later diagnosed with a rare condition called sudden hearing loss. "As I started to realize what happened, Googling it and talking to doctors, it was like, 'Wow, OK, this is permanent.' And music didn't cause it. It's just a random rare thing, so yeah I was concerned at first.

"We were in the studio beginning to write Now for Plan A (The Hip's 2012 album). I think that was a good thing because we weren't on the road and I was able to begin adjusting in the studio environment, where there was less pressure to adjust right away."

Still, it was an adjustment, and as Langlois says, when he wrote Table's Been Set, he was "still in the pissed off stage."

"It took me a few months to be, 'OK, now I'm good,'" Langlois says. "I was concerned I would lose the ability to be accurate as far as harmonies, but it turns out it's fine. I just started putting the monitor on the left when I'm singing."

Listening to Not Guilty, which was released on Nov. 5 through Langlois' label Ching Music, you wouldn't know the singer-songwriter suffered major hearing loss. In fact, Langlois feels the new album is an improvement on his debut solo effort, 2010's Fix This Head.

"I'm a little more confident, a little more comfortable with actually doing it, and I'm a little more comfortable in my own skin as far as being a singer," Langlois says.

Langlois and his band, which includes Hip guitarist Rob Baker, are currently touring Canada coast to coast. He says the audiences have been very receptive.

"I would say in Saint John it was pretty evident there were Hip fans, but it didn't feel like they were Hip-ing me," he says. "Everybody was very polite and into it. They weren't telling me to play New Orleans is Sinking."

Tragically Hip guitarist Paul Langlois is back with his sophomore solo album, Not Guilty. CONTRIBUTED

Need to know

Langlois plays the Park Theatre on Dec. 4. Ching recording artist Greg Ball opens the show, along with Australian singer-songwriter Pete Murray.

- **Details.** Tickets are $15 at the Park, Music Trader and ticketbreak.com (plus fees). Showtime is 8 p.m.

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10 SHOPPERS DRUG MART

While my guitar gently weeps: Book shows off some of rock 'n' roll's best tear-jerkers

Call her Baby. 108 Rock Star Guitars book celebrates beloved instruments and their battle-axe beauty

Sometimes, a picture is worth a thousand songs.

The supersized book 108 Rock Star Guitars (Glitterati Inc.) demonstrates that six-stringed instruments owned by celebrities and virtuoso sidemen can look as good as they rock. The 17-year undertaking by photographer Lisa S. Johnson partly benefits the Les Paul Foundation. Paul, the Rock Hall musician-inventor, wrote the foreword before he died.

Not a guitar geek? Don't fret.

Whether you define "pickup" as a truck, a dating technique or a guitar part, you can revel in the glitz-and-grit world where these prized possessions reside. The instruments (one's named Baby) evoke tender talk from macho musicians. But some of these battle-axe beauties have seen more action than a roller derby queen: They bear the gashes and sweat stains to prove it.

The author, who grew up in a musical family, underscores musicians' emotional attachment to their instruments. "I don't believe any serious musician feels that his instrument is an inanimate object," Tom Scholz of the group Boston tells Johnson.

Steve Vai, who went solo after playing with Frank Zappa's band, once described his guitar as "the voice of my heart" in moments of depression, euphoria and "divine love. ... I have cried, screamed, prayed and bled through that instrument."

The book lauds the instrument-makers, called luthiers, and the techs, along with the guitars.

Pawnshop wallflowers blossom into unbridled stardom. There are kaleidoscopic, patriotic and wildcat patterns; gorgeous maple and mahogany; delicate carvings of leaves and acorns; a stuck-on Chinese cookie fortune; python skin; fake fur; little-girl superheroes.

Some seem to revel in musical masochism, like Slash of Guns N' Roses' cigarette carelessness. As the story goes, the guitarist was "one with the music" while accidentally inflicting a "charred reminder of rock 'n' roll nirvana" on his guitar.

John Rzeznik (Goo Goo Dolls) resurrected a broken Stratocaster into a 4-string. The word "OUCH!" is splayed over its torso; it's now named Halfcaster.

"I was amazed when I threw the guitar in the air and the top portion split right off," Rzeznik recalled via email. "I had my guitar tech take it to a luthier in L.A. who sanded off the rough edges and fixed the electronics.

"I used it on a song called Big Machine for a couple years after that. Surprisingly, the tone didn't really change; it was a cheap guitar that didn't sound that great to begin with. Ha ha!"

The appreciation of instruments as visual art is an age-old concept. They "may evoke status, identity, or indicate events — sacred or profane," comments J. Kenneth Moore, the Frederick P. Rose curator in charge of the Department of Musical Instruments at The Metropolitan Museum of Art in New York City. "They become sounding, tangible works of art — telling many stories of the life and times of those who used them," he said.

A double-neck owned by Cheap Trick's Rick Nielsen has a quirky folk art feel. Its two-pronged top forms the legs of Nielsen's upside-down caricature. The figure, named Uncle Dick, displays a thumbs-up, but his expression looks maniacal.

When Mom made young Nils Lofgren a Nehru jacket and bell-bottom pants out of drapes, he proudly stuck leftover fabric on his guitar so it matched his new suit.

The book also features a famous, battered Fender Esquire owned by Lofgren's boss, Bruce Springsteen.

Willie Nelson's Trigger, named for movie-cowboy Roy Rogers' horse, bears dozens of autographs, including Leon Russell, Roger Miller, Kris Kristofferson, Gene Autry, Waylon Jennings and Johnny Cash. Trigger's top is worn clear through; Nelson chooses to leave it that way. "The two of them," notes the book, "continue to mature together." Life partners in perfect harmony.

THE ASSOCIATED PRESS

This guitar owned by James 'J.Y.' Young of Styx bears an elaborate carving of Cerberus, ancient mythology's three-headed guard dog of the underworld. It's featured in Lisa S. Johnson's new book, 108 Rock Star Guitars. ALL PHOTOS LISA S. JOHNSON/THE ASSOCIATED PRESS

Ticket to rock 'n' roll heaven

Willie Nelson's guitar, Trigger, has a hole worn through it, and is inscribed with dozens of autographs.

ZZ Top's Billy Gibbons' guitar is covered with fake fur.

John Rzeznik of the Goo Goo Dolls resurrected a broken Stratocaster into a 4-string, named Halfcaster

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Brolin's a tough guy on and off the screen

Gulp. Oldboy star gained 28 pounds in 10 days, then lost it all again for role in gritty thriller

NED EHRBAR
Metro World News in Hollywood

The catering staff at the press junket for Spike Lee's update on Oldboy has laid out a spread almost entirely made up of different kinds of dumplings, and Josh Brolin does not think that's very funny. (The dish is featured prominently in the film as one of the only things Brolin's character is allowed to eat during his mysterious 20-year-long imprisonment.) "I ate, I'd say, probably 200 dumplings or something like that," he says.

Oldboy asked a lot of Brolin's body in that his character goes from a bloated alcoholic to a lean and mean tool of vengeance after his imprisonment. Of course, he didn't have 20 years to pull off the transition. "It was more about water retention, so I gained 28 pounds in 10 days, and then I lost 22 pounds in two and a half days. And then going through that and all the cramps of that, I was rehearsing the fight at the same time, which was not smart. So I pulled a lot of muscles and stuff that I'm still dealing with now."

That fight he's talking about is quite a doozy. It's an update on the original Korean film's single-take tracking shot of the film's hero taking out an army of goons with just his bare hands and a carefully deployed hammer. So obviously for the remake they had to up the ante a bit.

"That was five weeks of prep, and it was difficult, to say the least," Brolin says. "The fight, I think, is at least three times longer than the original fight. I was having a really tough time in the beginning, and then I panicked. And then I started working out a lot — like two hours in the morning and two hours at night between 12-hour days. So I wasn't sleeping a lot, which I think lent to the movie, too, because I was more emotional, I was more on edge, I felt more exposed, vulnerable, whatever."

That level of self-abuse paid off, apparently. "We did it in seven takes, and the seventh take was the one," he remembers. "I walked away after that and had a little moment to myself, had some tears and was just happy that a 45-year-old dude was able to pull that off. It was a geriatric moment that I had."

Worth the pain?

"I'll never do it again because it killed my body."

Josh Brolin
On losing weight while training for fight scenes in Oldboy

Josh Brolin plays Joe Doucette in Spike Lee's newest film, Oldboy. HILARY BRONMYN GAYLE/FILMDISTRICT PICTURES/THE ASSOCIATED PRESS

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THE 2014 Winter Parade of Lights
NOVEMBER 23, 2013 TO JANUARY 11, 2014

Alec Baldwin

Baldwin loses his talk show but is still 'half' defiant over anti-gay slurs

Alec Baldwin has lost his talk show, which was officially cancelled by MSNBC in the wake of multiple controversies involving the former 30 Rock star, but Baldwin is still looking to set the record straight about what he may or may not have said to a photographer when he used an anti-gay slur. "I dispute half the comment I made," Baldwin tells the website Gothamist. "'F—t' is not the word that came out of my mouth. That I know. But you've got the fundamentalist wing of gay advocacy — (GLAAD communications VP) Rich Ferraro and (blogger) Andrew Sullivan — they're out there, they've got you. Rich Ferraro, this is probably one of his greatest triumphs. They killed my show. And I have to take some responsibility for that myself."

Jennifer Love Hewitt

Hewitt's baby-marriage double kept on down low

Jennifer Love Hewitt likes to keep things quiet. The former Ghost Whisperer star gave birth to a daughter, Autumn James Hallisay, on Tuesday, and her rep used the birth announcement to sneak in the fact that Hewitt has also quietly married fiancé Brian Hallisay. "Jennifer Love Hewitt and her husband, Brian Hallisay, are thrilled to announce the birth of their daughter," her rep tells Us Weekly.

METRO DISH
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Thanksgiving holiday conversations: The celebrity version

THE WORD
Dorothy Robinson
scene@metronews.ca

What do the rich and famous do over the American Thanksgiving break? I have a feeling they are doing something fabulous and not doing what we do — hanging out in the townie bars in our hometown drinking cheap domestics with people from high school.

However, what if they did? For this special edition of The Word, Metro staffers imagined what kind of discussions the rich and famous have at their hometown hangs.

"Oh ... Kelly and Michelle ... Hi! Um, how long have you guys been bartending here?" **— Beyoncé**

"So, do you text?" **— Anthony Weiner**

"I don't know, y'all. Have I made enough of a statement this year that I am finally a woman?" **— Miley Cyrus**

"Guys, I know it's not like me to walk away from a fight, but if I get nabbed one more time for beating somebody up, I'll go away for a long time. Now, let's just chill, get another pitcher of Miller Lite and play some Keno." **— Chris Brown**

"Oh man, bro, last time I saw you, we were, what, in middle school? Can't believe it's been five years!" **— Justin Bieber**

"Wait, what?! You prefer the dark meat? Oh, hell no! Bartender, keep the White Russians comin' sugar ... " **— Paula Deen**

Frankie Muniz ALL IMAGES GETTY

Frightened Muniz suffers another mini-stroke

At 27 years old, Frankie Muniz isn't having the best time, health-wise. "Almost a year to the day, I experienced another mini-stroke," Muniz posted to Twitter. "Hopefully that will be the last. Miserable." A mini-stroke consists of tiny lapses in blood flow to the brain.

Last year he related to Good Morning America how frightening the experience can be: "I couldn't say any words," he said. "I thought I was saying them. My fiancée was looking at me as if I was speaking a foreign language."

Twitter

@justinbieber
Surfing and sunshine. Loving the Gold Coast.

@lenadunham
Secret of human existence: I totally think I'm the worst, just for different reasons than you do

@SarahKSilverman
It's all meaningless but don't let yourself get hung up on that

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SHOPPERS DRUG MART

PLEASE JOIN US THIS HOLIDAY SEASON FOR THE FIRST ANNUAL

THE 2014 Winter Parade of Light

A Parade in Winter

BY MIKE MOORE, PRESIDENT, MANITOBA HOME BUILDERS' ASSOCIATION

Everyone is aware of the tremendously successful Spring and Fall Parade of Homes that run in March and September. Combined, over 75,000 people visit the many showhomes on display and come away with numerous insights and ideas for their next new home.

"ALL OF THE EXCITEMENT OF THE SPRING AND FALL PARADES WITH A FESTIVE TOUR OF LIGHTS AND DECORATIONS FOR THE SEASON"

However, some people are not aware that showhomes are open all year and the opportunity to see all of the best new ideas and designs in new homes are available twelve months of the year.

This year, we are proud to present the Parade of Lights, a new initiative of the Manitoba Home Builders' Association that combines all of the excitement of the Spring and Fall Parades with a festive tour of lights and decorations for the season.

We're presenting several exciting new neighbourhoods fully decorated both outside and inside the showhomes. The participating streets and homes are listed here and on our website. The new home sales representatives are eager to show you all of the fascinating designs and new features in their home along with the decorations.

In addition, the Parade of Lights offers visitors the chance to vote and win. Not only can you view the wonderful exterior decorations, you can also vote on your favourite interior decorations and be entered for a chance to win a new 52" colour television, donated by The Brick… It's all as easy as pointing and clicking with your phone.

Be sure to see the Parade of Lights, running from November 23 – January 11.

PLEASE JOIN US THIS HOLIDAY SEASON
FOR THE FIRST ANNUAL

Winter Parade of Lights

NOVEMBER 23, 2013
TO JANUARY 11, 2014

How to join the festivities

1. VISIT ANY OF THE PARTICIPATING BUILDER'S SHOWHOMES
2. SCAN THE QR CODE FOUND IN THE SHOWHOME WITH YOUR SMART PHONE OR VISIT WWW.PARADEOFHOMESSELECT.CA
3. RATE THE INTERIOR DECORATIONS IN THE SHOWHOME ON A SCALE OF 1-5 (1 being low & 5 being high)
4. ENTER TO WIN A BRAND NEW 52" TV COURTESY OF THE BRICK
5. DONATE A NON-PERISHABLE FOOD ITEM FOR THE CHEER BOARD (Bins will be located inside the Showhomes)

Let it Glow, Let it Glow, Let it

Your Manitoba Home Builders are getting into the Holiday Spirit and have been busy lighting up their neighbourhoods to create a festive atmosphere for all to enjoy. Although the Showhomes are open all year 'round, you wont see these beautiful new homes decorated – *inside & out* – like you will for the next few weeks!

Winter Parade of Lights

50 Holiday Showhomes

AMBER TRAILS

2	Rockmore Road	*Kensington Homes*
6	Rockmore Road	*Randall Homes*
14	Rockmore Road	*Ventura Custom Homes*
18	Rockmore Road	*A & S Homes*
22	Rockmore Road	*Broadview Homes*

BRIDGWATER LAKES

316	EagleView Road	*Hilton Homes*
330	EagleView Road	*Ventura Custom Homes*
155	Lake Bend Road	*Sterling Homes*
156	Lake Bend Road	*Hearth Homes*
159	Lake Bend Road	*Randall Homes*
162	Lake Bend Road	*Arlt Homes*
163	Lake Bend Road	*A & S Homes*
167	Lake Bend Road	*Discovery Homes*
174	Lake Bend Road	*Maric Homes*
175	Lake Bend Road	*Kensington Homes*
179	Lake Bend Road	*Hilton Homes*
180	Lake Bend Road	*KDR Homes*
183	Lake Bend Road	*Ventura Custom Homes*
186	Lake Bend Road	*KDR Homes*

CANTERBURY PARK

162	Audette Cresc	*Randall Homes*
166	Audette Cresc	*Broadview Homes*
170	Audette Drive	*Kensington Homes*

DUGALD, MB

28	Prairie View Cove	*Ventura Custom Homes*

OAK BLUFF WEST

33	Casselman Crescent	*Sterling Homes*
35	Casselman Crescent	*Randall Homes*
36	Casselman Crescent	*Parkhill Homes*
37	Casselman Crescent	*Ventura Custom Homes*

RIVER PARK SOUTH

27	Wainwright Crescent	*Ventura Custom Homes*
31	Wainwright Crescent	*A & S Homes*
35	Wainwright Crescent	*Broadview Homes*
38	Wainwright Crescent	*Sterling Homes*
47	Wainwright Crescent	*Kensington Homes*

SAGE CREEK

23	Borealis Bay	*Sterling Homes*
27	Borealis Bay	*Foxridge Homes*
31	Borealis Bay	*KDR Homes*
35	Borealis Bay	*KDR Homes*
39	Borealis Bay	*Hearth Homes*
43	Borealis Bay	*Maric Homes*
3	Grey Owl	*Broadview Homes*
7	Grey Owl	*Broadview Homes*
11	Grey Owl	*Kensington Homes*
15	Grey Owl	*Randall Homes*

SOUTH POINTE

125	Drew Street	*Ventura Custom Homes*
133	Drew Street	*A & S Homes*
141	Drew Street	*Hilton Homes*
149	Drew Street	*Broadview Homes*
19	Stan Bailie Drive	*Randall Homes*
31	Stan Bailie Drive	*Foxridge Homes*
35	Stan Bailie Drive	*A & S Homes*
39	Stan Bailie Drive	*Hilton Homes*

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One for under the tree, and another one for me

'Tis the season to save on style. Self-shopping becoming less of a secret shame as fashionistas embrace this optimal time to buy their beauty booty

Getting up early on Black Friday for a little shopping? Doing your part on Small Business Saturday and Cyber Monday, too? It's all in the name of gift-giving — or at least the guise of it.

It seems a lot of consumers are using these sales and retail events to treat themselves to a little something new.

As a group, self-shoppers are growing, says Marshal Cohen, chief analyst of The NPD Group, Inc., a consumer insight company. He puts the number at 20 per cent, up from five per cent in the early 2000s.

"I started tracking people shopping for themselves about 10 years ago. I was at a Black Friday in a Macy's in a suburban location in Long Island," he recalls. "This woman has one arm filled with a few things, maybe a dress and a few sweaters, and another with 12 items."

Guess which hand had the future presents for her two sisters and a friend?

It's a similar scene in Loft stores already this year, says Lori Leslie-Robbins, director of client experience for the retailer. "For us, the telltale sign that someone is shopping for themselves is that our fitting rooms stay busy for the holidays. She's trying clothes on, and you don't need to do that for a gift."

Leslie-Robbins overheard this past weekend a conversation between a sales associate and customer in the dressing room that went something like this: The shopper was in the dressing room choosing between a dress and a tuxedo-jacket-and-denim-jeans combo, and was taking seriously this choice of what to wear to a co-worker's at-home holiday party. When the associate asked if she'd also considered a hostess gift, the response was, "I'm not there yet."

Because of the deep discounts, shoppers see this as an opportunity to replenish their own wardrobes and homes with less guilt than buying the new pair of jeans, for example, at full price, Cohen says. Those same shoppers might not feel that way about a gift for someone else.

He says especially the early-bird holiday shoppers are looking for the sales for themselves, while the transactions made closer to Christmas are more likely to be bona fide gifts. He can also tell by what you're buying: If it's electronics or footwear, it's probably for you; fragrance is a go-to gift item, with 20 per cent of annual sales happening in the five days before Christmas, according to NPD.

Rachel DiCarlo is a fan of the one-for-me, one-for-you theory.

Jewellery and scarves, perfectly good gifts for others, are also the items she tends to buy for herself. Last year, she couldn't resist the initial necklaces she was buying for so many others. "I was getting the Ls, the Js, and I thought, 'I should buy an R.'"

She is the vice-president of public relations at American Eagle Outfitters and, in her office, everyone tends to dress similarly. So, she says with a laugh, it makes sense to get for herself the shirt or accessory she is getting for the members in her team — although, everyone gets a different colour.

THE ASSOCIATED PRESS

We're certain Santa would encourage doing something nice for yourself this yuletide. ISTOCK

You deserve a good deal

Many of the self-purchases Loft's Leslie-Robbins sees in stores are those that solve problems or have a focused end use — this tends to alleviate that pang of guilt, she says.

- A woman needs to buy herself the items no one else will buy her, right? muses Robin White, global press director of beauty brand Philosophy. There's also "the stuff you need" and "the stuff you enjoy buying."
- She takes pleasure, for example, in a new tube of eye cream — it really makes her day, she says, but it's not quite what she'd want to unwrap Christmas morning. That makes it the perfect self-purchase.

Canadian street style

Spotted in: Vancouver

Name: Nikki

Age: 24

Occupation: Sales associate

What she's wearing
Jacket from Aritzia, vintage leather vest from Nouvelle Nouvelle, T-shirt from Cheap Monday, jeans and bag from American Apparel, shoes from Converse and sunglasses from Stella McCartney.

Her inspiration
"This is my Saturday outfit ... running errands."

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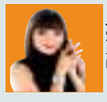

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Xmas shopping in Kensington Mkt + went nuts at Model Citizen, Augusta St. Discovered jewellery designer Kimberly Dale!

Bundled up to brave the cold. I feel like a walking ad for @TheHudsonsBayCo ! #proudlycanadian

Usher in the holiday baking season with rich Lemon Walnut Bars

Ingredients

- 1/2 cup butter
- 1 cup large-flake rolled oats
- 1 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup ground walnuts
- 1 tsp baking powder
- 1 300 ml can condensed milk (about 1 1/4 cups)
- 1/2 cup lemon juice, freshly squeezed (about 2 lemons)

You Will Need

- (9- x 9-inch) pan buttered and lined with parchment paper

1. Preheat the oven to 350 F.

2. In a small saucepan over low heat, melt the butter (or melt in the microwave for about 30 seconds on high).

3. In a large bowl, combine the oats, flour, sugar, coconut, ground walnuts and baking powder. Pour in the melted butter and mix with a spatula or large spoon until the butter is evenly distributed. Press half the oat mixture into the prepared pan firmly and evenly.

4. In a medium mixing bowl, whisk together the condensed milk and lemon juice until fully combined and slightly thickened. Pour the lemon mixture over the base. Use the back of a spoon or a small offset spatula to spread the filling evenly across the base. Sprinkle the remaining half of the oat mixture over the filling.

5. Bake in the preheated oven for 22 to 25 minutes or until the top is a golden brown.

6. Remove from the oven and allow to cool completely in the pan.

7. Run a small knife along the two edges of the pan that do not have parchment handles. Carefully remove the slabs from the pan and cut into approximately 2- x 2-inch bars. Make sure to use at least a 10-inch knife to avoid cutting and dragging the knife across the bars.

This recipe makes 16 bars. ALL PHOTOS JANIS NICOLAY

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Cookbook of the Week

Get to sifting

Before it was a book filled with 100 recipes, Butter Baked Goods was (and still is) a tiny bakery in Vancouver. Opened by the author of the book, Rosie Daykin, it is known as the home of the very best gourmet marshmallow in North America.

In Butter Baked Goods, Daykin shares homemade treats and childhood favourites through instructions that are easy to follow.

Among the delicacies in the book are: Butter's Chocolate Cake, Red Velvet Cupcakes, Peanut Butter Balls and more. METRO

Classic tropical combination: Pineapple Coconut Scones

"Every day at Butter we make a different scone," writes Rosie Daykin of her Vancouver bakery in her book Butter Baked Goods. "There is no set schedule, so regular customers call us in the morning to check what we have on tap that day.

"This flavour never seems to disappoint, and when we tell them it's on the menu, they hightail it over to get one."

1. Preheat the oven to 400 F.

2. In a stand mixer fitted with a paddle attachment, quickly mix the flour, sugar, baking powder and salt on low speed to blend. Add the butter cubes and mix until large crumbs form. Add the coconut and mix again to distribute. Add the buttermilk, crushed pineapple and juice and mix until almost combined.

3. Turn the dough out onto a lightly floured work surface and roll out to about 1-inch thick. Use the circular cutter to cut out 10 circles and place them on the prepared cookie sheet about 1 1/2 inches apart.

This recipe makes 10 scones.

4. In a bowl, whisk together the egg and water to make an egg wash. Use a pastry brush to gently coat the top of each scone with the wash. Sprinkle with a little sanding sugar.

5. Bake in the preheated oven for 20 to 25 minutes or until golden brown. A wooden skewer inserted into the center should come out clean.

6. Remove from the oven and allow the scones to cool on the cookie sheets. Then split them open and spread with lots of butter and jam!

Ingredients

- 5 cups all-purpose flour
- 1 1/3 cups sugar
- 3 tbsp baking powder
- 1/4 teaspoon salt
- 1 1/2 cups butter, chilled and cut into 1-inch cubes
- 2 cups unsweetened shredded coconut
- 3/4 cup buttermilk
- 1 14-oz can crushed pineapple with juice

Finishing

- 1 large egg
- 2 tbsp cold water
- Coarse sanding sugar, for sprinkling

You Will Need

- Cookie sheet, 3 1/2-inch circular cutter

Dessert. Vanilla Shortbread

1. Preheat the oven to 325 F.

2. In a stand mixer fitted with a paddle attachment, cream the butter and icing sugar on medium to high speed until light and fluffy. Scrape down the sides of the bowl.

3. Turn the mixer to low and add the flour and mix until just combined. Scrape down the sides of the bowl. Add the vanilla and mix to combine.

4. Place dough on a lightly floured work surface. Use a rolling pin to roll out the dough to about 1/4 inch thick. Use the circular cutter to cut out 24 circles. Transfer to the prepared cookie sheets and place about 1/2 inch apart.

5. Bake in the preheated oven for 15 minutes or until the cookies are lightly golden brown around the edges.

6. Remove from oven and sprinkle the cookies generously with granulated sugar while still warm. Transfer to wire racks to cool.

Ingredients

- 1 cup butter, room temperature
- 1 cup icing sugar
- 2 1/4 cups all-purpose flour
- 2 tbsp pure vanilla

Finishing

- 1/2 cup granulated sugar, for dusting

You Will Need

- 2 cookie sheets lined with parchment paper, 2 1/2-inch circular cutter with scalloped edge

Tartan it up for the holidays

Plaid is one of the most popular patterns during the festive season — the clean lines look great in both modern and traditional interiors, and they're a perfect way to add variety to a room with solid colours (so long as you remember to never mix plaids together). From tabletop items to wallpapers, there's a wide array of accessories that bring a touch of the old clan to your home.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Add some old-school style to your work commute. Plaid Lunch Box and Thermal Carafe, $40 each, crateandbarrel.com.

Subtle grey plaid adds modern sophistication to walls. Audrey Charcoal Wallpaper, $85 per roll, grahambrown.ca.

Stay warm during those cold nights. Nordic Plaid Duvet Cover Set, $75, simons.ca.

Punchy colours modernize the season's favorite pattern. Lord & Taylor Buffalo Plaid Duvet Cover, $69-89, thebay.com.

Drive in style while keeping your hands toasty. Plaid Steering Wheel Cover, $15, canadiantire.ca.

Scotch and soda never went down so easy. PC Tartan Glasses, four for $9, Real Canadian Superstore.

Add bright colours underfoot. Modern Plaid 5x8 foot Wool Rug, $450, cb2.com

MOVING??
If the thought of sorting, packing and downsizing overwhelms you…
…WE CAN HELP
Call James or Kim Carter at
204-781-1474 *or*
www.losmes.com

RICH, INVIGORATING HUES FOR 2014

The DULUX® brand has given new meaning to the words "fresh paint" with the unveiling of its 2014 paint trends forecast. The colourful palette is filled with rich, invigorating hues that represent renewal and refreshing change, says the leading Canadian paint brand.

"After four economically-difficult years, people are starting to let out their collective breath and are ready for new beginnings, which is translating into a movement towards fresh and creative colours," says Martin Tustin-Fuchs, brand manager for DULUX paint. "As a result, we'll see novel shades and unexpected combinations of colours in the year ahead in all areas of home decor."

Here is what's trending in each colour family:

Sea Isle Green

Tender Rose Red

Omega Yellow

CONTRIBUTED PHOTOS

Reds: The berry tones of the past few years are being replaced by vibrant reds with orange undertones. Think tomato red, a tangy attention-grabbing colour that pairs well with warm browns, spicy oranges, and golden yellows.

Oranges: Terracotta and spice hues will be all the rage in the coming year, moving away from the melon and pink-orange tones of seasons past.

Yellows: Trendy yellows for 2014 range from gentle pastels to cheery brights to antiqued golds, all exuding an air of warmth and optimism.

Greens: Building off the growing popularity of emerald and teal, the 2014 greens take their cue from lavish jewel tones. Leaning more towards blue than yellow, the hottest green shade for the year is cool mint.

Blues: Oceanic blues will take centre stage in the blue family over the coming year. From deep, Mediterranean Sea-like colours to tropical Caribbean tones and the airy, ethereal hues reminiscent of the Earth's atmosphere, the new blues take on a natural dazzle.

Violets: Purples will move in two different directions in 2014, towards both red-purples and blue-purples. Those with reddened undertones are vibrant and daring, while blue-tinged violets are soft, diluted and retreating.

CONTRIBUTED

MAKE GLASSHOUSE YOUR DESTINATION

The energy in the air is palpable in Winnipeg. The economy is growing steadily, creating jobs and drawing newcomers from around the country and the world.

That's why there has never been a better time to buy a home in Winnipeg, says David Wex, partner at Urban Capital, the builder of Glasshouse, a downtown condo development.

"The rejuvenation of the downtown core has sparked renewed interest in the real estate market," Wex says.

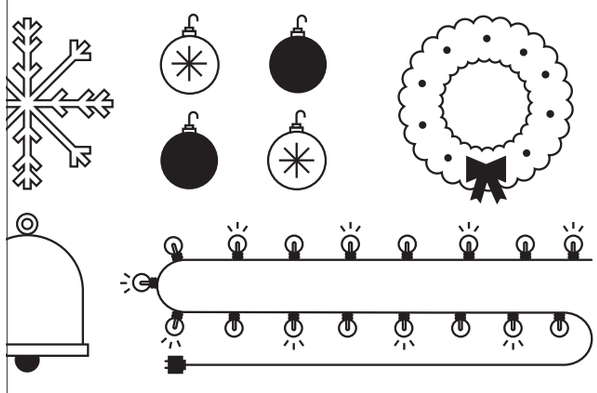
Glasshouse, Urban Capital's first development in the Prairies, is under preconstruction in Winnipeg. The 21-storey development of 195 condos is selling high-design, loft-style condominiums starting at $174,900.

"Homebuyers can get a place for a very affordable price, particularly compared to other Canadian cities," Wex says. "It's one reason why Winnipeg is becoming a destination for young people who are looking for a place to make their home."

The Glasshouse homes echo that youthful mentality with bold, contemporary design, including exposed concrete ceilings, floor-to-ceiling windows that let in lots of light, big sliding doors, and open-concept interiors.

"The loft style of these condos has been a big draw for design-minded buyers," Wex says. "It's one of the features that sets us apart."

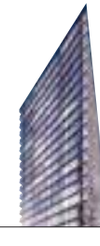
For more information, please visit glasshousewinnipeg.com.



when you live at glasshouse, the city puts up your christmas lights

skylofts from $174,900

glasshouse
skylofts in the city
glasshousewinnipeg.com



The deals are just delightful

What happens when Black Friday becomes the new Boxing Day? More deals? Maybe. More crowds? Perhaps. More drama? Is there ever too much? Metro has your guide to survive not only this Friday, but also the online shopping spree that is Cyber Monday.

Stewart's Horology
FORMERLY SEARS WATCH REPAIRS
Come see the Watch Doctors
Quality Restorations and Repairs to all Fine Timepieces and Jewellery
BLACK FRIDAY SALE LOTS OF GREAT DEALS!
BRING IN THIS COUPON FOR NO TAX FRIDAY!
Valid at both locations
November 29, 2013 only
NEW PRODUCTS ARRIVING!
Winnipeg Concourse (Beside the escalators) • 204.942.1955 • stewbnz1@mymts.net
2741 Portage Ave • 204.789.9620 • stewartshorology.ca

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro.
News worth sharing.

URBAN PLANET

SALE STARTS TOMORROW!

BLACK FRIDAY

SALE

HUGE SELECTION

50% OFF

Plus!

TAKE AN ADDITIONAL 20% OFF YOUR ENTIRE PURCHASE 7AM-9AM ONLY!

THE **FIRST 100 SHOPPERS** IN LINE BEFORE THE DOORS OPEN WILL RECEIVE A **$25 GIFT CARD** WITH MINIMUM $50 PURCHASE!

ONLY AT POLO PARK & KENASTON SMART CTR. LOCATIONS!

Take an additional 20% off your entire purchase, between 7AM-9AM Friday, November 29th ONLY. Not valid toward the purchase of Gift Cards.
Spend $50 before taxes and get a free $25 gift card. Offer available to the first 100 shoppers in line before doors open on Friday, November 29th ONLY before 9AM.
Card must be redeemed between December 3 - 10, 2013.

Expert offers no-bull tactics to scoring best Black Friday deals

Run, bargain hunter, run. If you are brave enough to participate in a crush of crazy shoppers this Friday, you need some tips

MAJA LUNDAGER
Metro World News in New York

Braving Black Friday crowds this year? You need survival skills! ISTOCK

If you look up Black Friday on YouTube, you're bound to find a lot of videos with terrible titles like Black Friday Fights, Black Friday Disasters or Black Friday 2012 Madness. But the horrifying stigma of this day doesn't seem to scare the thousands of brave shoppers who voluntarily run with the big box store crowd, fighting for killer deals on last year's food processor.

As with all other extreme sports, you need to prepare for Black Friday shopping. We went to the best: Mark Hellmann Regouby.

Is Regouby an experienced Black Friday shopper? Not really. But he'll do you one better. He's the founder of the travel company Running of the Bulls, Inc., which puts tourists up close and personal with the animals at the annual event in Pamplona, Spain. Here's his advice for braving big crowds.

Before you go in

"We tell them … watch the Bull Run first so they can see how it works and understand the flow of the people and the bulls and make their strategy from overviewed conditions," he says. This is where the aforementioned YouTube search for Black Friday videos will come in handy. But the preparation doesn't stop here. If you were planning to hit the bottle to take the edge off of Black Friday shopping, you'd better think twice. "The No. 1 rule is to arrive sober," Regouby says.

"No. 2 is to get a good night's sleep. No. 3 is to have 360-degree awareness. Always try to be aware of who is in front, behind and beside you. Really get a sense of being in the place."

Surviving in the heat of battle

"The best runners always say you stake out your territory," says Regouby. "You use your arms and don't let anybody get too much in your way. Swing your arms and keep in your elbows to make sure you've got your own space that you need in order to run without tripping."

This sounds extreme, but seriously, do you want that food processor or not?

If you go down

There have only been 15 deaths since the beginning of the Bull Run in Pamplona in 1910, but broken wrists and bloodied chins are the norm. According to Regouby, there are more falls and injuries because of humans tripping over each other than because of the bulls. We can, with some certainty, say the same about Black Friday, except that the National Retail Federation in the U.S. — the homeland of Black Friday — has only reported one trampling death: In 2008 a Walmart employee was crushed in a stampede. So what do you do if you go down?

"The most important rule of all is if you go down, stay down. The bulls are actually talented at stepping over obstacles and as long as you cover your head and stay down and don't move, they can plan to step over you."

We can only hope the same counts for the herds at Best Buy and Target. Actually, we're going to say that the people waiting in the cold to buy stuff at discount prices are NOT talented at stepping over obstacles, so we advise just trying to roll to safety!

When you succeed

Regouby says that a run like the one in Pamplona is for people who want to be in touch with their own mortality and live their lives to the fullest.

"I have [run with the bulls] four times and it's still pretty incredible," he says. "You arrive in this huge arena and the sun hits your face and the air is fresh again, and you can't believe you are alive."

That sounds a bit like waking up way too early and hauling bags of discounted goods to the parking lot, realizing all of your arms and legs are intact, right?

This year Black Friday. Next? Pamplona. ISTOCK

Canadian context

While Black Friday is a relatively new shopping event in Canada, the day's quick rise in popularity among Canadians is having an impact on Canuck retailers' holiday sales strategy. Consulting firm Accenture recently released the results of a survey into the habits of Canadians when it comes to Black Friday. Here are some findings:

- **Hungry for the best deals.** Almost two thirds of Canadians surveyed plan to shop at U.S. retailers, online or in-store, on Black Friday and throughout the holiday season.
- **Boxing Day.** Is still believed by many (44 per cent) to offer the best deals of the season in Canada, Canadians feel retailers in Canada are not doing enough to compete with U.S. stores on Black Friday.
- **Go south.** When Canadians surveyed were asked when they believed they would see the best deals of the holiday season (either in Canada or the U.S.), Black Friday in the U.S. was cited by almost half (42 per cent), while less than a quarter (23 per cent) said the best deals were to be had on Black Friday in Canada.
- **Bust down the door.** More than a quarter of Canadians (27 per cent) would shop in a store on Black Friday because they want to take advantage of special door buster deals.

KP BLACK FRIDAY

SHOP GREAT DEALS!

Friday, November 29
Doors Open at 7am

Look out for EXCLUSIVE deals in mall on November 29 from 7 – 10am ONLY.

Free Hourly Gifts
with Purchase from 7 – 11am:

Receive a free gift when you bring your receipts from Black Friday purchases of $40 or more to Guest Services. A different gift at every hour. Details at Guest Services.

Throwaway Thursday:

Bring 2 or more bags full of gently used clothes or household goods to the Big Brothers Big Sisters of Winnipeg "Big Smiles" Collection Crew at the mall on Thursday, November 28 and receive a voucher redeemable on Black Friday, for a $10 KP gift card and other coupons.

Big Smiles Collection Crew

Visit kildonanplace.com for a list of selected Black Friday offers that will be posted on November 28 at 8pm.

KildonanPlace | kildonanplace.com kildonan place

Five tips for stress-free shopping

Plan of attack. Do your research, set a budget, shop online and if you have to brave the mall — bring your best pal

MAE BOWRING
life@metronews.ca

If stores that look like they've barfed Christmas and crowded malls scare you, you're not alone. Fear not, weary shopper. Checking everyone off your 'nice' list — and enjoying it — is not impossible, says image consultant Christie Ressel, a shopping and fashion expert. Follow her top five tips for stress-free holiday shopping and you'll be singing Let It Snow all the way home.

Be a sleuth

The element of surprise can be lost during the holidays as shoppers try to get something — anything! — wrapped and under the tree. Instead of asking what someone wants and buying it, do a little bit of detective work, advises Ressel.

"We're so quick to get on with our lives that we miss the obvious," she says.

Pay close attention to what they say about their favourite hobby, TV show or website. They're probably dropping hints. Ressel once found a great gift idea for her husband by flipping through one of his magazines.

Have a plan

Once you have a gift list and you've checked it twice, set a strict budget for yourself, suggests Ressel.

You may have to be more creative or spend time on DIY gifts, but the stress you won't feel when January's credit card bill arrives will be worth the effort.

Overspending is one of the biggest holiday buzz kills, Ressel warns.

"It will make you crabby for the season and it's meant to be enjoyed."

Having a detailed gift list and budget will also make you laser-focused when you're out shopping. No more wandering around aimlessly!

Before you leave the house

With Black Friday and Cyber Monday deals getting better every year, Canadians are enjoying the ease of buying gifts from the comfort of their own home. This is where the real fun comes in, says Ressel. "I love online shopping. I'm not a fan of bumping shoulders with everybody."

It's easy to compare prices for electronics online and if you're really clever, you can call the store ahead of time to make sure the item is in stock. While Ressel believes Canadians can purchase a lot of their gifts online, she advises against buying trendy clothing online unless you know the exact size and quality.

Make it jolly

It's time to brave the mall with the rest of your list, but there's no reason you have to do it alone. Grab a friend and arrive early to beat the crowds.

The checkout lines won't seem as long if you have someone to chat with and be sure to break up the marathon by grabbing lunch or a coffee.

Want to make sure your gifts stay a secret? Ressel suggests stashing them at a friend's house, and then having a wrapping party over a glass of eggnog closer to Christmas. The only ones who will be miffed on Christmas morning will be the ones who tried to snoop, jokes Ressel.

"Hopefully they weren't wanting what someone else got."

Be ready to return

Your holiday shopping plan was well executed and you have every reason to pat yourself on the back. If a loved one does need to return a gift, however, it's wise to be prepared, says Ressel.

Keep receipts handy by placing them in a bright-coloured folder in the kitchen or by the front door. That way you won't have to wrack your brain trying to remember if it's in your wallet or accidentally went out with the recycling.

If no one says anything by the end of January, it's safe to throw out the receipts, advises Ressel.

Before you head out into the Christmas shopping craziness, make a list — and check it twice. ISTOCK

BLACK FRIDAY SALE

Only on November 29

Save
$109.99

$50.00* Samsung Galaxy S4™
Regular price $159.99

Save
$149.99

$0* Samsung Galaxy S4 Mini
Regular price $149.99

Save
$149.99

$100.00* Samsung Galaxy Note 3™
Regular price $249.99

Experience the savings this Friday at your nearest MTS Connect store.

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*Hardware pricing only available with a minimum 24 month contract and minimum $45.00/mth Voice and Data plan on the Samsung Galaxy S Note 3™, Samsung Galaxy S4™, and Samsung Galaxy S4 Mini smartphones. Conditions apply. While quantities last. Limited time offer and subject to change. See MTS Connect store for details. Samsung Galaxy S4, Samsung S4 Mini, and Note 3 images © 2013 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark and Samsung Galaxy S4 and Samsung Galaxy Note 3 are trademarks of Samsung Electronics Co., Ltd., used with permission. Screen images simulated. MTS design mark is a registered trade-mark of Manitoba Telecom Services Inc., used under license.

Buyer be where — the best deals are on Black Friday

Shopping strategy. Only head out into the fray if you've got a game plan says expert shopper

EMILY LAURENCE
Metro World News in New York

The day after American Thanksgiving is the busiest shopping day of the year.

While it's a paid day off from work for some of our southern neighbours, there are Canadians who are also willing to drag themselves out of bed at the crack of dawn on a work day for a steal of a deal.

But is it really worth it?

"I don't think so," says Michelle Madhok, shopping expert and founder of SheFinds.com.

"You can get a lot of the same deals online, and there are also some deals you can only get online."

And you don't have to wait until Friday, or even Cyber Monday, to start scoring the best deals.

Madhok suggests using deal alert sites that tell you when the price drops on an item you want.

Prices are dropping now and will continue to do so the rest of the year up until after Christmas.

But if you do decide to brave the crowds, Madhok has some helpful tips to make it truly worth it.

Her first one is no surprise: Get your electronics first.

"The biggest Black Friday deals are on electronics, and getting 70 per cent off a TV is better than getting 70 per cent off, say, gloves," she says.

But buyer beware: Madhok says many retailers make lower quality products specifically for Black Friday.

To outsmart these sneaky stores, look up the model number to ensure what you're buying is the same model you want and not a knockoff.

Second, have a plan. Go to different websites to find store coupons and deals.

"It will help you make a game plan," Madhok says. "Then, head to the stores in advance so you know the layout."

Once you're in the store, use apps to scan your items to make sure you're getting the lowest price. If not, many stores match the price you find elsewhere.

Lastly, Madhok advises keeping your receipts, taking photos of them and uploading them to SkyDrive.com or Evernote.com so you can keep them on file.

"Ask for a price adjustment if you see the price on an item go down. Many stores will honour that," she says.

Most importantly, remember to keep your cool while you're out bargain hunting.

First Black Friday stop? The electronics section! ISTOCK

Quoted

"The biggest Black Friday deals are on electronics and getting 70 per cent off a TV is better than getting 70 per cent off, say, gloves."

Shopping expert Michelle Madhok on Black Friday strategy

Black Saturday and Sunday too.

In celebration of IKEA Winnipeg's 1-year anniversary, take advantage of these amazing Black Friday offers all weekend long!

VÄRMDÖ solid wood rocking chair
Was ~~$149~~
$49*
Limit 2 per customer

EXPEDIT shelving unit
Was ~~$79.99~~
$39.99*
Limit 2 per customer

LACK side table
Was ~~$9.99-$12.99~~/ea
$4.99/ea*
Limit 4 per customer

50% OFF all soft toys*
Limit 10 per customer

Visit **IKEA.ca/BlackFriday** for details.
While supplies last. Doors open at 10am.

IKEA®

*Offers valid on Friday, November 29 to Sunday, December 1, 2013 at IKEA Winnipeg only. While supplies last. No rain checks. Selection may vary by store. Offer valid in-store only. Not valid on previous purchases. See store for details. VÄRMDÖ rocking chair offer available in red only. EXPEDIT shelving unit offer available in black-brown, birch, and white, W79×H149cm only. LACK side table offer available in birch, black-brown, black and white only. Boxes and accessories sold separately. © Inter IKEA Systems B.V. 2013.

City Jewellers

GRAND OPENING Nov. 29 - Dec. 1, 2013

St. Vital Centre

30% OFF STORE-WIDE*

*St. Vital Location Only *Some Exceptions Apply, See Store for Details

BLACK FRIDAY SALE

WATCHES:

SEIKO

HARLEY-DAVIDSON

BULOVA

BOSS HUGO BOSS

MOVADO BOLD

VERSACE WATCHES

CLOCKS:

HOWARD MILLER

BULOVA

SEIKO

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Tempo TIME

DIAMOND JEWELLERY:

WE REPAIR

- Watches
- Clocks
- Diamond Jewellery
- And More

3 LOCATIONS

- **Portage Place Mall**
  204-957-5994
- **Garden City Mall**
  204-772-7070
- **St. Vital Centre**
  204-505-5500

Visit us online at: www.cityjewellers.ca

Shop small. Don't forget the little guys on Friday

Sometimes small businesses can disappear in the crowd of big players. But there are more than 1.1 million small businesses in Canada, according to government statistics.

In the wake of Black Friday, Yellow Pages Group has launched a Shop the Neighbourhood campaign (shoptheneighbourhood.ca/) to get people to buy locally in Ontario on Saturday.

By the numbers

- 55.1 per cent of small businesses have only one to four employees
- Small businesses created 77.7 per cent of all private jobs from 2002 to 2012.

SOURCE: INDUSTRY CANADA/METRO

Try supporting your small, local businesses on this crazy shopping weekend. A lot of them are offering big discounts too! ISTOCK

BLACK FRIDAY
957 PORTAGE AVE
PH: 204-774-4343
SALE!
Photo Central
foto source™

NIKON 1 J3 COMPACT INTERCHANGEABLE LENS CAMERA WITH 10-30MM AND 30-110 VR LENSES
Optical Zoom: 3 x zoom, 3.66 x zoom
Resolution: 14.2 effective megapixels
Monitor Size: 3 inch screen
REG $399.95
ON SALE FOR
$299.95

NIKON D3200 DSLR WITH 18-55MM VR LENS
Optical Zoom: 3.05 x zoom
Resolution: 24.2 effective megapixels
Monitor Size: 3 inch screen
REG $549.95
ON SALE FOR
$449.95

SEE IN STORE FOR ALL ON SALE PRODUCTS, INCLUDING:

- All Binoculars, including Nikon, Pentax, Promaster and Celestron: 10-30% off!
- Celestron Telescopes and Microscopes: 10-30% off!
- Kata Camera Bags: 50% off!
- ProMaster Accessories: 20-50% off!
- Fotocare Protection Plans: 40% off with the purchase of any camera, lens or flash!

Plus!! 50% off all photo gifts, from mugs and puzzles to iphone cases and mouse pads. Applies to any order placed between Nov 29 and Dec 2.

Sale prices in effect November 29th through December 2nd, 2013. While supplies last. No rain checks.

The great gifting dilemma

A recent Match.com survey found most Canadians believe you should only give someone a holiday gift after dating for one to two months and you should spend between $25 and $50.

The survey also found younger Canadians are more likely to rush into gift-giving than older Canadians — singles between 18 to 34 years old wait only one to two months before picking out presents while singles over 65 wait at least six!

Match.com Canadian relationship insider Kimberly Moffit offers these tips:

METRO/ALL PHOTOS ISTOCK

Stage one: dating for less than one month? Spend between $25 and $50.

For him

A nice bottle of wine

For her

Aromatherapy candles

Stage two: dating for one to six months? Spend between $50 and $75

For him

A gentleman's shaving kit

For her

A small bottle of her favourite perfume

Stage three: dating for six months to over a year? Spend $75 to $100 — at least!

For him

Tickets to see his favourite sport team

For her

A day at the spa

BLACK FRIDAY SALE

DOORS OPEN TOMORROW AT 9:00 AM

HUGE SELECTION OF LENSES ON SALE!

HUGE SELECTION OF DSLRS ON SALE!

Compact, Lightweight & Feature-Rich

SAVE $90

Nikon

D3100 with 18-55mm VR lens

$389.99

WEBCODE: NIKKIT365

MINIMUM 8 PER STORE

Includes Image stabilizer lens for blur-free photos

SAVE $150

Canon

Rebel T3i with 18-55mm IS lens

$499.99

WEBCODE: 567CAN079

MINIMUM 8 PER STORE

Easy Viewing With 3.0" Vari-Angle LCD

SAVE $280

Canon

Rebel T-5i with 18-135mm STM lens

$799.99

WEBCODE: 567CAN113

MINIMUM 6 PER STORE

Waterproof, Shockproof, Freezeproof, Dustproof.*

SAVE $50

SONY

Cybershot DSC-TF1

$129.99 MINIMUM 6 PER STORE

WEBCODE: S665SON375

*Waterproof to 10 meters, Shockproof from 1.5 meters, freezeproof to -10 Celsius

HUGE SELECTION OF VIDEO CAMERAS ON SALE!

HUGE SELECTION OF DIGITAL CAMERAS ON SALE!

The Ultimate Tough camera with built-in GPS

SAVE $80

OLYMPUS

Tough TG 830

$199.99

WEBCODE: 566CAR297

MINIMUM 5 PER STORE

50X Optical Zoom for Sports and Wildlife

SAVE $130

Canon

Powershot SX50HS

$299.99

WEBCODE: 566CAN353

MINIMUM 5 PER STORE

Camera-Mounted 36 LED Light with Built-in Dimmer

SAVE $60

Manfrotto

ML360 Midi-36 LED Panel

$79.99

WEBCODE: 459AMP011

Compact Travel Tripod with Ball Head includes Carry Bag

SAVE $70

Manfrotto

Manfrotto Befree Compact Travel Photo Tripod

$179.99

WEBCODE: 303GET135

HUGE SELECTION OF LIGHTING GEAR ON SALE!

SAVE 20% OR MORE ON ALL TRIPODS AND HEADS!

All-in-one photo printer

SAVE $100

Canon

Pixma MG6320 Photo Printer

$99.99 WEBCODE: 579CAN057

Includes Ball head and Bag!

Manfrotto

Manfrotto 190XPROB Tripod with 701HDV Mini Video Head

$239.99 WEBCODE: AMPKIT002

SAVE $100

Compact Interchangeable Lens Camera

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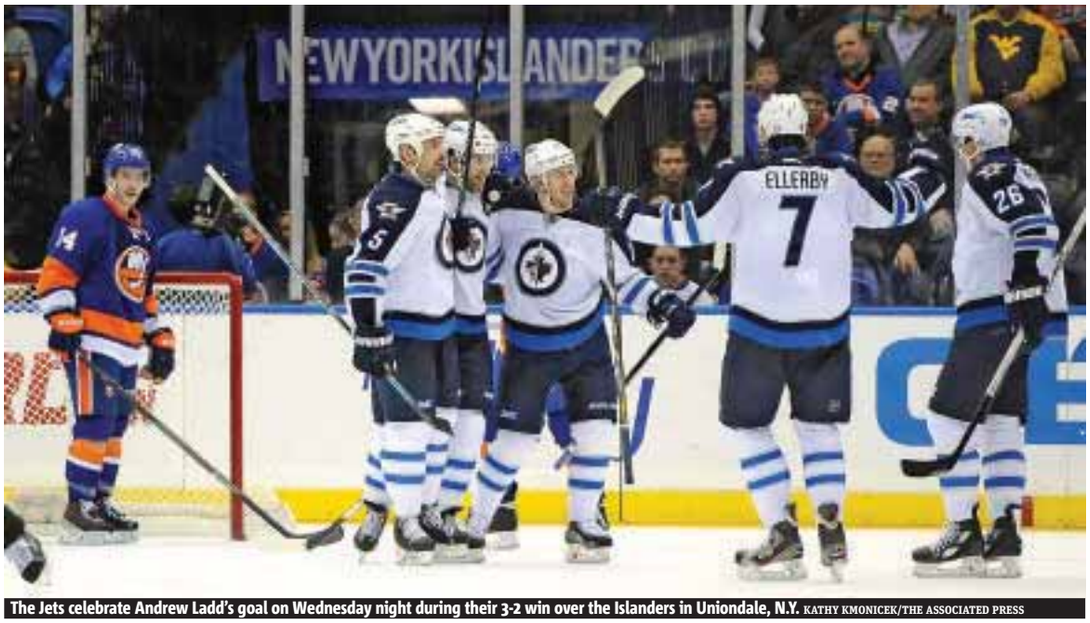


The Jets celebrate Andrew Ladd's goal on Wednesday night during their 3-2 win over the Islanders in Uniondale, N.Y. KATHY KMONICEK/THE ASSOCIATED PRESS

Jets off to winning start on East Coast

NHL. Winnipeg gets enough offence in second-period outburst to top Isles

The Winnipeg Jets are off to a good start on a six-game road trip after trouble winning at home.

The Islanders are struggling no matter where they are playing.

Mark Stuart, Andrew Ladd and Devin Setoguchi scored second-period goals and Al Montoya made 28 saves and the Jets defeated the Islanders 3-2 on Wednesday.

On Wednesday

Jets	Devils
3	2

It was a second straight victory to start the road trip for Winnipeg following a win at New Jersey on Monday.

The Jets continue their trip at Philadelphia on Friday before playing the Rangers, Florida and Tampa Bay next week. They had lost three straight at home — two in shootouts — before starting the trip.

"We gave them some life late, but we managed the game well when it counted most," Jets coach Claude Noel said. "Al made some big stops for us and we found a way to hold on."

Stuart's first goal of the season on a blast from the left point right off a faceoff eluded Kevin Poulin to the glove side at 11:27.

Ladd, the Jets' captain, made it 2-0 off a scramble in front at 14:39 with his seventh of the season. Setoguchi made it 3-0 with his sixth goal at 16:42.

Defenceman Andrew MacDonald scored for the Islanders at 17:49 of the second on the power play when he took a cross-ice pass from Thomas Vanek at the left point and fired the puck past Montoya.

John Tavares made it a one-goal game at 14:01 of the third when he poked a rebound past Montoya for his team-leading 11th goal of the season. Tavares, who assisted on MacDonald's goal, leads the Islanders with 29 points.

"We need everyone to have the same mindset, play hard every shift and do all the little extra things on the ice," Tavares said. "When we don't do that as a team, we are pretty easy to play against. No question this is frustrating and we need to address it."

THE ASSOCIATED PRESS

Concussions. Over 200 ex-NHLers join lawsuit: Lawyers

The original concussion lawsuit against the NHL included 10 former players, and that number has already grown.

More than 200 players have joined, according to lawyers Steve Silverman and Mel Owens, who are at the forefront of the suit.

Owens, an NFL linebacker-turned-disability lawyer, said in a phone interview Wednesday that "hundreds" of ex-NHL players are going to become part of the suit, which was filed in U.S. federal court in Washington on Monday.

Quoted

"They just haven't been named yet. They're going to be there." Lawyer Mel Owens

"These are 10 players, but there's hundreds of guys that, they're in the lawsuit," said Owens, who works for NBO Law in Beverly Hills, Calif.

A list of the 200-plus players was not made available.

Sportsnet.ca was the first to report that more than 200 players joined the effort, which began with 10 players: Gary Leeman, Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive. Former New York Islanders centre Bob Bourne joined shortly after the suit was filed.

Leeman and Vaive in recent days have politely declined comment about their involvement, deferring to Silverman and Owens, who said he did not know how many players would wind up being a part of it.

"I don't know how many living alumni there are in the NHL that have these significant problems," Owens said. "I don't know that. But like in the NFL, it just matured over time. Once the players find out that 'Oh, there may be hope for me. I might be able to get some help and some treatment to address my quality-of-life issues,' I'm sure they'll be in contact."

THE CANADIAN PRESS

Olympic hockey

Roster deadline moved to Jan. 7

The roster deadline for the 2014 Sochi Olympics has been pushed back to Jan. 7, the International Ice Hockey Federation announced.

Originally, national federations had until Dec. 31 to submit 25-man rosters for the tournament, which begins Feb. 12. Russia and other European countries were lobbying for a later date and got their wish.

THE CANADIAN PRESS

Flyers at Lightning

Hedman spoils Lecavalier's return to Tampa

Victor Hedman had two goals and an assist to help the Tampa Bay Lightning beat the Philadelphia Flyers 4-2 on Wednesday night, spoiling Vincent Lecavalier's homecoming.

Lecavalier, who played 14 years for the Lightning after being selected first overall in the 1998 draft, faced his old team for the first time and scored a power-play goal late in the third period. The former Tampa Bay captain received a standing ovation after a video tribute was played on the scoreboard midway through the first.

THE ASSOCIATED PRESS

Leafs at Penguins

Malkin uncorks a pair on Bernier

Evgeni Malkin picked up his first two-goal game in more than 18 months and added the game-winner in the shootout and the Pittsburgh Penguins rallied past the Toronto Maple Leafs 6-5 on Wednesday night.

Chris Conner, Kris Letang and James Neal also scored for Pittsburgh, which erased 4-1 and 5-3 deficits. Sidney Crosby added two assists to lift his point total to a league-leading 33 and scored in the second round of the shootout against Jonathan Bernier before Malkin finished it off.

James van Riemsdyk scored twice and added an assist for the Maple Leafs. Phil Kessel, Tyler Bozak and Nazem Kadri also scored for Toronto, but the Maple Leafs lost their way after taking a big lead.

THE ASSOCIATED PRESS

AFC North rivals have bone to pick on Thanksgiving

Ravens defensive tackle Brandon Williams sacks quarterback Ben Roethlisberger during the Steelers' 19-16 win on Oct. 20 in Pittsburgh. The rivals meet again in prime time on Thursday night in a game with playoff implications.
JUSTIN K. ALLER/GETTY IMAGES

NFL. Big game on U.S. holiday caps short week for Steelers, Ravens

The last time the Baltimore Ravens played on U.S. Thanksgiving, coach John Harbaugh gathered the family together for a game against brother Jim and the San Francisco 49ers.

Two years later, Harbaugh and the Ravens will spend the holiday with their most bitter rival.

It doesn't matter that Baltimore (5-6) and the Pittsburgh Steelers (5-6) both have losing records. Both teams have plenty of motivation, because Thursday night's game has playoff ramifications. Plus, these AFC North foes almost always engage in a hard-hitting, trash-talking, closely played affair.

"It's always a cool week when you go against these guys," Ravens quarterback Joe Flacco said. "It's been a good game for the last handful of years, and it's always a challenge getting ready on a short week. But they have the same issues. It should be a lot of fun."

Since Harbaugh took over the Ravens in 2008, Baltimore has faced Pittsburgh 13 times, including twice in the playoffs. Nine of those games were decided by three points, including the Steelers' 19-16 win last month.

"It's just an intense rivalry," Pittsburgh wide receiver Antonio Brown said. "Great defence is played. I think everyone understands the urgency of the game. It's just iron on iron. It's always a tough battle, and it always comes to the fourth quarter and to the end of the game." THE ASSOCIATED PRESS

Fast facts

- The Ravens are 4-1 at home this season compared to 1-5 on the road.
- Ravens linebacker Terrell Suggs has more sacks (16 1/2) against Pittsburgh's Ben Roethlisberger than any other quarterback.
- Steelers rookie running back Le'Veon Bell burned the Ravens for a career-high 93 yards the last time the teams played.

NFL

Packers' Rodgers a no-go, Flynn to start against Lions

Quarterback Aaron Rodgers will miss his fourth consecutive game and Matt Flynn will become the Green Bay Packers' fourth starting quarterback of the season Thursday when the Packers play the Lions in Detroit.

Rodgers, who suffered a fractured left collarbone Nov. 4 against Chicago, practised on Tuesday but was ruled out by coach Mike McCarthy on Wednesday.

The Packers have gone 0-3-1 without him.

After starting Seneca Wallace in the team's first game without Rodgers and third-stringer Scott Tolzien for the next two games after Wallace landed on injured reserve with a groin injury, McCarthy will turn to Flynn, who rallied the team to a 26-26 tie against the Minnesota Vikings Sunday.

Flynn brought the Packers back from a 23-7 fourth-quarter deficit against the Vikings, completing 21 of 36 passes for 218 yards and a touchdown. THE ASSOCIATED PRESS

CFL. Jones-in' for his shot as Eskimos' head coach

Chris Jones is from the small town of South Pittsburgh, Tenn., where, he says, there's a lot of blue-collar people who "work extremely hard for their money."

And that hard work, he said, is what he will bring to the Edmonton Eskimos as the 20th head coach in their history. He also brings a wealth of CFL experience. He's been a defensive coach since 2002, including stints as an assistant head coach for two years in Calgary and most recently as assistant general manager and defensive co-ordinator for the Toronto Argonauts. Jones has been in the post-season each of his 12 years in the league, and won seven division titles and three Grey Cups.

The length of terms of his contract were not revealed.

"Today is about 2014 and beyond," Eskimos general manager Ed Hervey said in introducing Jones to the media and fans on Wednesday. "I know I have selected the right person to coach this team. We know there is work to do but we are committed to making this thing right and I believe our team is in the right hands of Chris Jones." THE CANADIAN PRESS

New Eskimos head coach Chris Jones addresses a news conference in Edmonton on Wednesday.
IAN JACKSON/THE CANADIAN PRESS

Quoted

"My teams have won a lot of games, Grey Cup championships ... and it's going to continue in Edmonton." Chris Jones, the Eskimos' new head coach

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Toronto	25	14	9	2	71	66	30
Montreal	25	14	9	2	67	52	30
Ottawa	25	10	11	4	74	81	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	16	9	1	78	63	33
NY Rangers	25	13	12	0	53	61	26
Washington	25	12	11	2	76	74	26
Carolina	25	10	10	5	53	70	25
New Jersey	25	9	11	5	53	62	23
Philadelphia	24	10	12	2	52	60	22
Columbus	25	9	13	3	62	75	21
NY Islanders	25	8	14	3	70	85	19

Wednesday's results
Pittsburgh 6 Toronto 5 (SO)
Winnipeg 3 NY Islanders 2
Ottawa 6 Washington 4
Tampa Bay 4 Philadelphia 2
Carolina 4 New Jersey 3
Nashville 4 Columbus 0
NY Rangers 5 Florida 2
Montreal 3 Buffalo 1
Detroit 6 Boston 1
Phoenix at Minnesota
St. Louis at Colorado
Chicago at Calgary
Los Angeles at San Jose
Tuesday's result
Dallas 6 Anaheim 3
Thursday's games — All times Eastern
Vancouver at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Friday's games
Winnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m.
Detroit at NY Islanders, 4 p.m.
St. Louis at San Jose, 4 p.m.
Calgary at Anaheim, 4 p.m.
Montreal at Washington, 5 p.m.
Colorado at Minnesota, 6 p.m.
Edmonton at Columbus, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7:30 p.m.
Chicago at Dallas, 8:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	25	17	4	4	92	71	38
St. Louis	23	17	3	3	82	50	37
Colorado	22	17	5	0	69	45	34
Minnesota	25	15	6	4	64	58	34
Nashville	25	13	10	2	60	69	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	17	7	3	83	71	37
San Jose	23	15	3	5	79	52	35
Los Angeles	25	16	6	3	67	53	35
Phoenix	24	14	6	4	80	78	32
Vancouver	26	12	9	5	67	68	29
Calgary	23	8	11	4	64	84	20
Edmonton	25	7	16	2	65	89	16

Note: 2 points for a win, 1 point for overtime loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	18	31
Steen, StL	19	10	29
Getzlaf, Ana	13	15	28
Zetterberg, Det	10	18	28
Ovechkin, Wash	20	7	27
Tavares, NYI	10	17	27
Malkin, Pit	4	23	27
Perry, Ana	13	13	26
Kane, Chi	13	13	26
H. Sedin, Van	7	18	25
Little, Win	12	12	24
Toews, Chi	12	12	24
St. Louis, TBL	10	14	24
Karlsson, Ott	7	17	24
Benn, Dal	7	17	24
Backstrom, Wash	5	19	24
Thornton, SJ	2	22	24
Stamkos, TBL	14	9	23
Seguin, Dal	12	11	23
Datsyuk, Det	12	11	23
Marleau, SJ	11	12	23
Couture, SJ	8	15	23
Kopitar, LA	7	16	23
Ryan, Ott	11	11	22
Parise, Min	11	11	22
Kunitz, Pit	11	11	22

Wednesday's games not included

NFL

WEEK 12
Thursday's games
All times Eastern
Green Bay at Detroit, 12:30 p.m.
Oakland at Dallas, 4:30 p.m.
Pittsburgh at Baltimore, 8:30 p.m.
Sunday's games
Jacksonville at Cleveland, 1 p.m.
New England at Houston, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Atlanta at Buffalo, 4:05 p.m.
St. Louis at San Francisco, 4:05 p.m.
Cincinnati at San Diego, 4:25 p.m.
Denver at Kansas City, 4:25 p.m.
N.Y. Giants at Washington, 8:30 p.m.
Monday's game
New Orleans at Seattle, 8:40 p.m.

NBA

Wednesday's results
Indiana 99 Charlotte 74
Orlando 105 Philadelphia 94
Memphis 100 Boston 93
Chicago 99 Detroit 79
L.A. Lakers 99 Brooklyn 94
Miami 95 Cleveland 84
Houston 113 Atlanta 84
Oklahoma City 94 San Antonio 88
Denver 117 Minnesota 110
Washington at Milwaukee
Golden State at Dallas
Portland at Phoenix
New York at L.A. Clippers
Tuesday's results
Washington 116 L.A. Lakers 111
Brooklyn 102 Toronto 100
Orlando 109 Atlanta 92
Golden State 102 New Orleans 101

MLS PLAYOFFS

CHAMPIONSHIP

MLS CUP

Saturday, Dec. 7
Kansas City vs. Salt Lake, 4 p.m., EST

Horoscopes

♈ Aries
March 21 - April 20
You will be able to charm the birds out of the trees today but why waste your talents on wildlife when you can focus instead on getting your way on the work front? Employers won't be able to say "no".

♉ Taurus
April 21 - May 21
Not everyone will agree with what you do over the next 24 hours but do you care? No, you don't! No one has the power to make life difficult for you. So, if it feels good, do it.

♊ Gemini
May 22 - June 21
Let someone you trust know that your happy -go-lucky act is just that. Once your share your problem, it won't be as bad when various options have been pointed out to you.

♋ Cancer
June 22 - July 23
With love planet Venus moving through the relationship area of your chart, you can't afford to be shy with affairs of the heart. If there is someone you fancy, let them know. Chances are they feel the same way about you.

♌ Leo
July 24 - Aug. 23
It's good to dream and some dreams will never come true and it's time you faced up to that fact. Never mind, there should be another great dream coming along soon.

♍ Virgo
Aug. 24 - Sept. 23
You will be rather impatient today and that may be no bad thing, especially if people you work with are dragging their feet just to annoy you. Maybe you should threaten to carry on without them.

♎ Libra
Sept. 24 - Oct. 23
You have the happy knack of knowing what loved ones want and will go out of your way to get it for them over the next 24 hours. Don't forget your own needs though.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury in your sign links with both Venus and Jupiter today, so good news is coming your way. Whatever it happens to be, don't keep it to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know all the facts before reaching a decision about a money or business issue. Remember too that just because someone makes big noise does not mean they know what they are talking about.

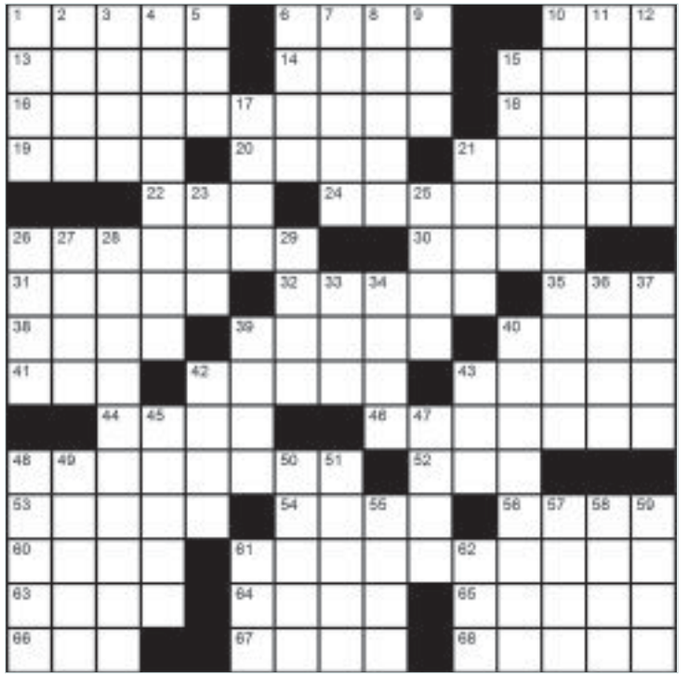
♑ Capricorn
Dec. 22 - Jan. 20
Keep things light and don't let the cares of the world get to you. Venus in your sign makes it easy to see past negativity and make sense of what to others appears senseless. Life has meaning, and it is joy.

♒ Aquarius
Jan. 21 - Feb. 19
You can persuade almost anyone to do almost anything for you today but you don't seem happy with that "almost". You may be good with words but don't push too hard. Someone will always be immune to your charms.

♓ Pisces
Feb. 20 - March 20
This is an excellent time to travel, ideally with friends. The things you discuss and the things you see will make you glad to be alive in this time and place. SALLY BROMPTON

Crossword: Canada Across and Down

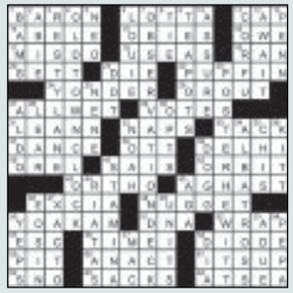
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Glisten
6. Federal force, commonly
10. Juice: French
13. Camera company
14. Margarine
15. Faxed
16. Canadian fashion designer: 2 wds.
18. Cracker spread
19. Tugboat's sound
20. Poetic nights
21. Mr. Schwarzenegger, to fans
22. Spotlight lover
24. Toronto's __ Expressway
26. Saintly
30. Border
31. __ Carta
32. Some beans
35. Li'l physician
38. Balmy
39. Casual material
40. The Dalai __
41. "..._ _ quit!" (Worker's ultimatum)
42. House fields
43. Job-giver
44. Abound
46. Canada __ for the Arts (Administrator of the annual honours at #28-Down)
48. Rihanna hit
52. Carrot, e.g.
53. "Hang Ten" Canadian singer
54. Govern
56. Sicilian volcano
60. Actress, Sharon __
61. As per #28-Down... Fiction book winner: The __ by Eleanor Catton, set in New Zealand
63. Deviate
64. Tunestress Tori
65. Capital of Belarus
66. Antiquity
67. Secret-passer's sound effect
68. Writer W.B. with Reshmi __"
28. _ _ _. __ (Prestigious honour for Canadian writers, trendy-style ...see 2013 winners at #4-Down and #61-Across)
29. Ball of yarn
33. Caravansary
34. Filing abbr.
36. Sacred Buddhist peak
37. Director Mr. Reiner
39. "Curses!"
40. Victoria's Secret apparel
42. Rock's Kings of __
43. Shade
45. Actress Ms. Procter
47. Baking need
48. Search into
49. Model
50. Ringo's instruments
51. Wrestlers of Japan
55. Itemize
57. Frank Sinatra daughter
58. Cozy retreat
59. Requests
61. Swimming segment
62. Ms. Poehler

Down
1. Jazz singing style
2. Religious 'ring'
3. Data
4. As per #28-Down... Poetry book winner: Katherena Vermette for __ __ Love Songs, set in the Winnipeg neighbourhood of the title
5. Compass dir.
6. Red __ Tea
7. Held on tightly
8. High IQ society
9. Disc in a 1990s fad game
10. The Maid of Orleans, b.1412 - d.1431: 2 mots
11. Take apart laces
12. Drive
15. Parsley portion
17. Ashton's ex
21. Tots up
23. Menu words
25. Printing quantity
26. G.I.'s weapon need
27. "CBC News Now

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	1	9	3	8	5	7	2	6
3	6	5	7	2	1	4	9	8
8	7	2	9	6	4	3	1	5
7	2	6	4	5	8	1	3	9
5	3	8	2	1	9	6	7	4
9	4	1	6	3	7	5	8	2
6	8	4	1	9	3	2	5	7
1	5	7	8	4	2	9	6	3
2	9	3	5	7	6	8	4	1

Weather

TODAY	FRIDAY	SATURDAY
MAX: -11° MIN: -15°	MAX: -10° MIN: -11°	MAX: -8° MIN: -8°

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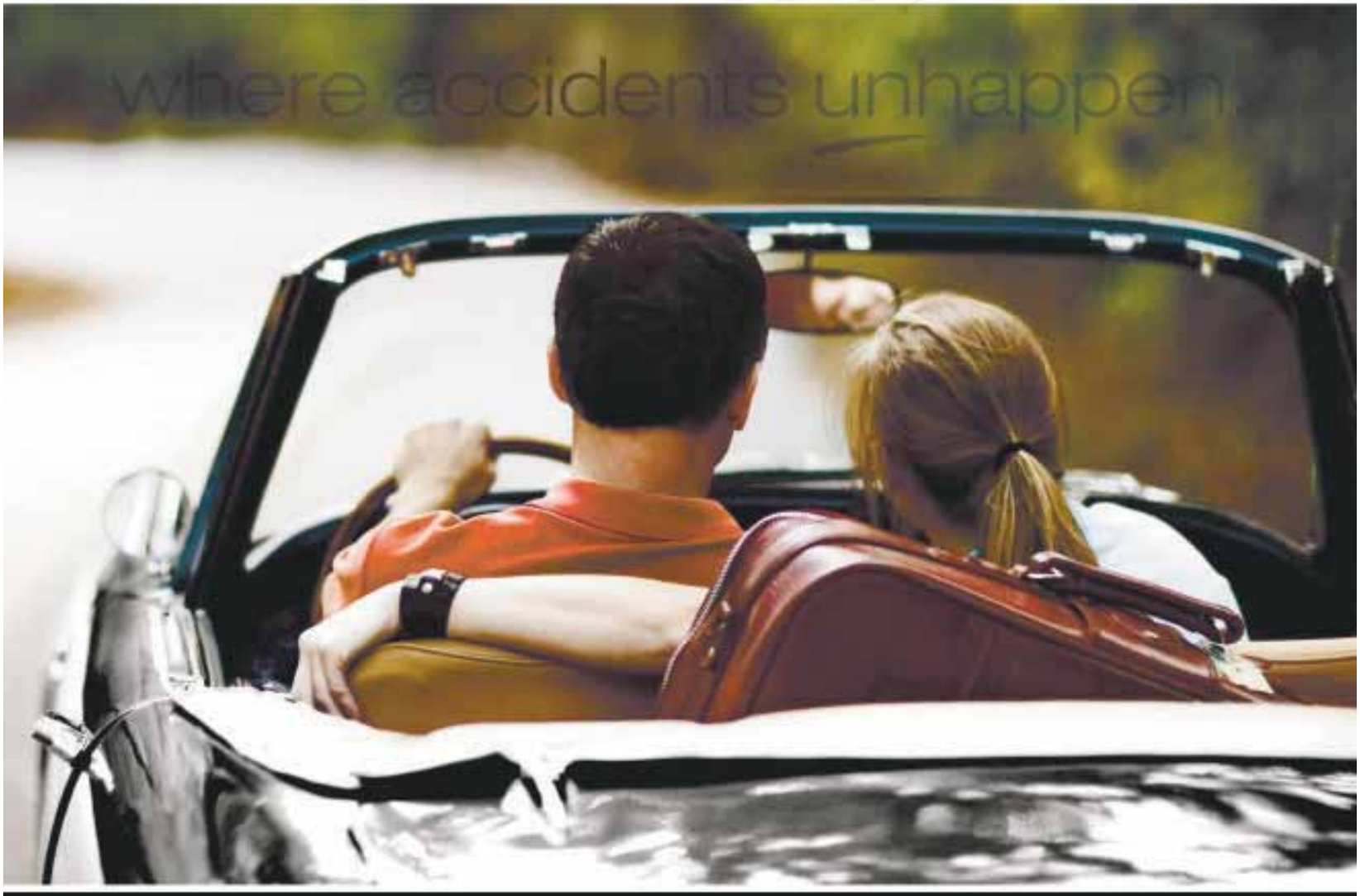

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